
YOGA & JYOTISH

Deepening your Yoga Practice with Vedic Astrology

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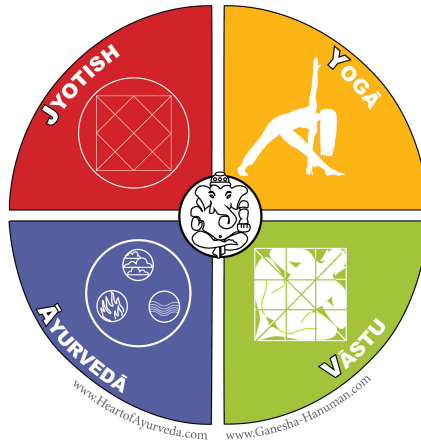
Deepening your Yoga Practice with Vedic Astrology

Written By

Helgrid Randolph & Amit Garg

Foreword By

Souvik Dutta and Hansa Knox



Yoga & Jyotish

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Prayer to Lord Ganesha

ॐ वक्रतुण्ड महाकाय, सूर्यकोटि समप्रभ |
निर्विघ्नं कुरुमे देव, सर्व कार्येषु सर्वदा ॥

Om Vakra-Tuṇḍa Mahā-Kāya, Surya-Koti Samaprabha |
Nirvighnam Kuru Me Deva, Sarva-Kāryeshu Sarvadā ॥

We pray to the One with a curved trunk, large body, and One who has brilliance of a million Suns, O Lord, please remove all obstacles from all our endeavors.

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Pranāms to Souvik Dutta (Jyotish Guru, founder of Ancient Indian Astrology Classes), for giving us the inspiration to write this book and for sharing his immense wisdom freely and humbly with us.

Our knowledge is very limited and we ask for forgiveness for any mistakes in this book.

May you find this work useful.

Om Namaha Shivāya,

Helgrid and Amit

Foreword by Souvik Dutta

The human race is a distinctly collective race as well as a collectively distinct race. Every individual is unique and yet every unique individual functions within the vastness of the collective human race performing its prescribed duties based on its Karma and inherent Guṇa.

Every soul aspires to be joyful. However, the confusion that overcomes the mind is what is it that can give the soul the eternal happiness it seeks. This confusion results in the creation of an elusive web of Karma which not only traps the very mind that created it but also forces the soul to go through multiple reincarnations to learn the true meaning of happiness and joy.

We live in an amazing time. On one side materialism is reaching its zenith and on the other extreme humanity is witnessing the revival of ancient wisdom and knowledge of the seers. Outcome of such a churning of these two extremes is Yoga. Yoga is now a common term in the US. It means so many different things to so many people but most would agree that the benefits of the practice are now being widely acknowledged and documented. Irrespective of the research of the modern world with Yoga, this gift of the ancient seers remains as the only answer readily available to achieve that eternal bliss that every soul wants to achieve. I would not consider Yoga to be a practice; rather I would say it is a path. The path to eternal bliss of the soul (Sat-chit-ānanda).

However, the question remains does one path suite all? Does one size fit all? We are a collective race but we are also distinctly individualistic in the collective. We are so based on our Karma and Guṇa. To understand what best works for us, we would first need to understand who we are and what our Karma is.

The authors of this book are amazing human beings and most talented practitioners of ancient wisdom for modern minds. This book and

their work is a unique venture uniting two ancient practices – Jyotish and Yoga.

Jyotish gives us the knowledge to know our Karma and Yoga gives us the path to reach eternal joy. If we don't overcome the Karma of the mind and body, how can we remove the obstacles to the path of the soul? This book bridges this gap between Jyotish and Yoga with very deep understanding of the human body, mind and soul.

I pass on my heartfelt congratulations to Amit and Helgrid for producing this masterpiece for the students and practitioners of ancient wisdom.

~ Souvik Dutta
Guru, Ancient Indian Astrology Classes (AIAC)

Foreword by Hansa Knox

What a gift this book is! When I am trying to do everything correctly as a Yoga Therapist and the protocol is not working, now what? Jyotish! Jyotish offers the gift of insights into the Light of a person's soul. As a student of Vedic Sciences, I have been able to learn the basics of Jyotish and I hold the question of what to do when I see a chart. Now, this book is my guidebook for merging all the Vedic sciences including Yoga tools, Āyurveda and Jyotish.

Amit and Helgrid offer guidance on how to apply the tools of Yogāsana, Prānāyāma, Mudrā, Maṅtra and Āyurveda for me as a Yoga Therapist based on a client's Rising Sign. I can use these insights from Jyotish, working with the principles and the tools shared by Amit and Helgrid to integrate Yoga techniques into a protocol that aligns with a client's Jyotish chart. As a person moves through planetary shifts, the tools may support their transitions with more grace.

This book is truly a beautiful gift of light.

~ **Hansa Knox**

**LMT, C-IAYT, Founder and Director of Training Center at
PranaYoga and Āyurveda Mandala**

Introduction: The Big Picture

Living in a world where so many things have a “one size fits all” approach, we felt that it would be very helpful to share how we can connect with our individuality on a deeper level through a personalized Yoga practice. Something that is medicine for one person could be poison for another. One Yoga pose or Āsana can be very beneficial and therapeutic for one person but the same pose could be counter-productive and even harmful for another. Simply by observing a person or knowing about the current state of their mental and physical health, a well-trained Yoga teacher or a Yoga therapist can recommend dos and don'ts as far as Yoga practice is concerned. But this book goes a little deeper than that. In order for our Sādhana (spiritual practice) to be more effective, we first need to understand our Kārmic journey, who we really are, our mental and physical make up, and our calling or Dharma in life. Jyotish (Vedic astrology) is a wonderful science which can answer some of these questions for us. Once we know more about ourselves through the lens of our birth chart (horoscope), it might be easier to find a Yoga practice (Āsana, meditation style etc.) that naturally supports our journey in this life, a practice that is conducive to our unique being. Our sincere hope is that this book will help you do that.

The Interconnectedness of Vedic Sciences

Yoga, Jyotish, Āyurveda and Vāstu are inseparable branches of ancient wisdom coming from the same source – the Vedās. Yoga talks about union of body, mind and soul. Jyotish or Vedic astrology is classified as the eyes of the Vedās, it is the light of God, the science of time, a map of Karma. Āyurveda is the science of life and teaches us how to maintain or regain constitutional balance. Vāstu is the science of space. How can we separate time from space? How can we separate body from mind? Once a teacher or a student dives deep in any one of these subjects or sciences, inevitably he or she is drawn to other branches as well. In this book we have shown the intimate connection between Jyotish and Yoga. When studied and applied

together, these branches of ancient wisdom can bring amazing clarity and transformation.

Jyotish: The Science of Karma

Our horoscope or birth chart shows our individual Karma. Karma simply means action – both mental as well as physical. There are three types of Karma: Saṅchit, Prārabdha and Kriyāmān. We carry with us baggage of all the actions we have performed in all of our previous lifetimes. This entire sum of actions is known as Saṅchit Karma. In every lifetime, we experience the results of only a portion of this Saṅchit Karma. This portion which is ripe for fructification and ready to be experienced in this particular life is known as Prārabdha Karma. This is what our birth chart shows. It gives us a map of our Prārabdha Karma. It shows our strengths and potential challenges in this lifetime. Using this very detailed map, we can create our unique Yoga practice. The third type of Karma is known as Kriyāmān Karma. This is the Karma we have done since we were born. Kriyāmān Karma is our free will. Destiny is nothing but the result of free will we exercised in the past.

Role of Jyotish in Yoga

So how can understanding of our Karma through our horoscope help us in our Yoga practice? Choosing a Yoga practice that is based on our Kārmic map is like riding a bicycle in the direction of the wind as opposed to riding it against the wind. Our chart tells us who we are as an individual. An Aries rising person for example, may not be able to sit still for more than a few seconds at a time but he or she can possibly do one hundred Sun salutations every single day; a strong Cancer person may never want to do Yoga by themselves, they like to do things in a group; a strong Leo person may have a tough time following instructions in a Yoga class but they usually make great Yoga teachers. We are all unique. Our Yoga practice should also be. Jyotish can help us individualize our Yoga practice. This is what this book is about.

Definitions and Basic Concepts

Ecliptic, Zodiac and Signs

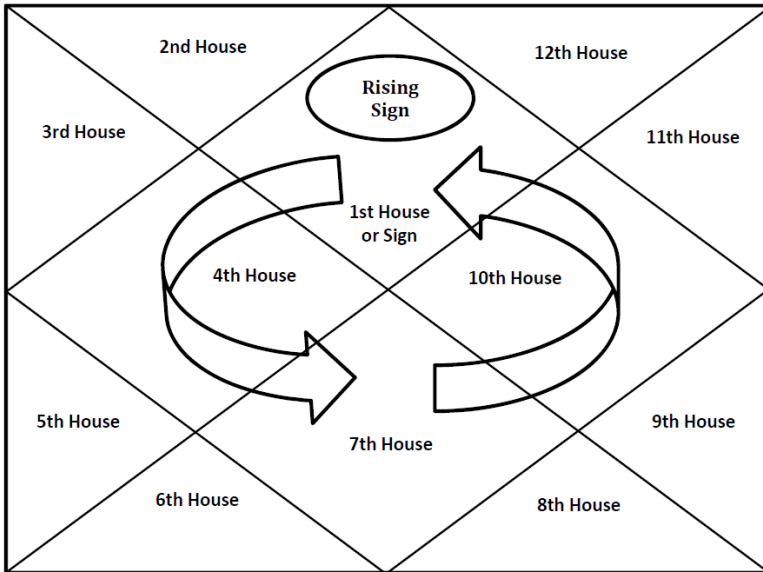
Every morning the Sun rises on the East and sets in the West at the end of the day. This apparent motion of the Sun around the Earth creates a circle of 360 degrees in the sky. This circle is known as ecliptic. The zodiac is a thin band in space around this ecliptic. Just like the Sun, all the other planets rise in the East and set in the West. The planets stay within this narrow band which we refer to as zodiac. The full 360 degrees of the zodiac is divided into 12 Signs or constellations of 30 degrees each. These Signs are: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius and Pisces.

The picture below shows symbols of all 12 Signs. These symbols represent a lot of qualities of each Sign. Aries – ram, Taurus - bull, Gemini - a male and a female in embrace, Cancer - crab, Leo - lion, Virgo - virgin, Libra – weighing scales, Scorpio - scorpion, Sagittarius - centaur, Capricorn - ancient creature known as makara, Aquarius - man pouring water from a pot, Pisces - two fish swimming in opposite direction.



Rising Sign or Lagna

There are 12 Signs in the zodiac. At the time of your birth, the Sign or constellation (group of stars) that was rising on the eastern horizon becomes your Rising Sign. It is known as *Lagna* in Sanskrit. The Rising Sign is extremely important. It represents our personality, overall health, intellect and outlook in life. It sets the tone for the entire chart. The picture below shows the North Indian style of Vedic chart. There are 12 boxes, representing 12 Signs and 12 Houses. Rising Sign is marked in the top, middle box. The chart is read counter-clockwise starting with Rising Sign as the 1st Sign or 1st House. Starting from the 1st House, as you go counter-clockwise, there is 2nd House, 3rd House etc. all the way to 12th House.



Basics of Āyurveda

Āyurveda is the ancient Indian medicine system. The word Āyurveda consists of two Sanskrit words – Āyu + Veda. Āyu means life or longevity and Veda means science or wisdom. So literally, Āyurveda means science or wisdom of life.

Everything in this Universe is a combination of five basic elements: Ether (space), Air, Fire, Water and Earth. There are three energies or humors in Āyurveda known as the Doshās – Vāta, Pitta and Kapha. Each Doshā consists of two dominant elements. Vāta consists of Air and Ether (space). Pitta consists of Fire and Water. Kapha consists of Water and Earth. The table below shows properties of the three Doshās. These three Doshās (i.e. their qualities or properties) are present in various proportions in our bodies as well as everywhere in the universe around us (as within so without). By knowing the qualities that are dominant in our bodies, in our food, in our environment, etc. at any particular time, we can learn how to lead a more healthy and balanced life.

Doshā	Elements	Properties	Season
VĀTA	Air + Ether	light, dry, mobile, subtle, cold, hard, rough, changeable, clear	Fall
PITTA	Fire + Water	hot, light, soft, fluid, sharp, malodorous, clear, subtle	Summer
KĀPHA	Earth + Water	heavy, cold, slow, wet, fluid, dull, static, dense, smooth, cloudy	Winter / Spring

Marma Points

Marma is a Sanskrit word and means mortal or vulnerable point. Marma points (plural - Marmāni) are end points of energy channels in the body, which have the potential to bring a person back into balance very quickly. Each of the 12 Signs of zodiac rule a specific part or area of our body. In this book, we have given Marma points that are connected with each of the 12 Signs. For example, people who are Aries rising (i.e. who have Aries as their first sign) may want to work with Brahmarandra Marma point which is located on top of the head. This is because Aries is connected with our head and hence for Aries rising people, it is especially beneficial to work with all Marma points in the head region.

How to Use This Book

In order to use this book, you will need to have your Vedic (Sidereal) chart made. Your Vedic chart will show your Rising Sign or *Lagna* as well as the Moon sign. There are many websites which can calculate your Vedic chart for free. If you are unclear and need guidance on how to get your Vedic chart, you can also contact the authors of this book. Make sure you are looking at your Vedic (Sidereal) chart, not the Tropical or Western chart.

In this book we have shared practices based on the following two important factors in the individual birth chart:

- a) **Rising Sign:** As mentioned earlier, Rising Sign is the Sign which was rising on the eastern horizon at the time of our birth. Our Rising Sign represents our intellect, general health and personality.
- b) **Moon Sign:** The Moon represents our emotional mind. Moon is given very high importance in Vedic astrology, much more than the Sun. Through our mind we can change our thought patterns and hence our actions and Karma. In our horoscope, the sign that Moon is placed in becomes very important because that Sign represents the resources our mind will have at its disposal in this lifetime.

Yoga Practices for the Rising Sign: Find out your Rising Sign from your Vedic chart. Let us say your Rising Sign is Aries. To understand the energy of this sign, first read the section titled “Description of Aries”. Then go to the section “Practices for Aries Rising.” In this section, you can read about the General Style, Mantra, Āsana, Mudrā and Marma Points that are recommended for an Aries rising person.

Meditation Practices for the Moon Sign: Find out your Moon Sign from your Vedic chart. Let us say your Moon is in Taurus. To

understand the energy of this sign, first read the section titled “Description of Taurus.” Then go to “Meditation for Moon in Taurus” section to learn about a meditation practice that may appeal to a person who has their Moon in Taurus.

Using Marma Points

Here are some tips on how to work with Marma points pertaining to your Rising Sign:

- You can use either your thumb, index or middle finger to work with each Marma.
- You can either just place your finger on the Marma and rest it there (no need to press, the weight of the finger is enough), or you can rotate your finger gently on the Marma.
- Hold your finger on the Marma for five full breaths or until you feel it balancing.
- You can also activate a Marma by simply bringing your awareness to it.
- Another way to activate Marma point is as part of your Āsana practice: different poses touch on different Marma points which naturally activate those Marma points.

Please keep in mind that all the Marmāni mentioned in this book often have many more functions than are listed here. For example, Janu2 (point on the back of the knee) does not just help with knee pain but also increases cerebral circulation and is connected with the heart.

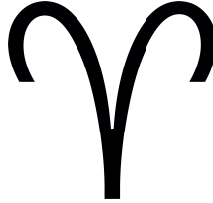
Word of Caution

This book gives you tips on how to individualize your Yoga and meditation practice based on your chart. But it cannot substitute a private consultation with an astrologer and a Yoga therapist. There are many factors, which need to be analyzed and the chart needs to be looked at in its totality in order to prescribe the most suitable, individualized Yoga practice. For example, for an Aries rising person, we have given poses for channeling their naturally abundant Pitta (Fire) energy. But we also need to see if Pitta is balanced or not in the chart overall. Are there too many influences of Fire planets on their Rising Sign? Is the Fire energy balanced? How are Mars, Sun and Ketu (the three Pitta planets) placed in the chart? So, if Fire energy is imbalanced (too much or too little) in the chart in spite of having Aries rising, then some adjustments need to be made to balance the heat. An imbalance of Pitta, as it can be seen in the chart, also always shows in the whole being in one way or another. One might suffer from too much acidity in the digestive tract, intense emotions, or not enough energy to digest experiences in daily life, etc.

Disclaimer

We do not recommend that you attempt any practices mentioned in this book without suitable experience and/or supervision. Please be aware that many of the suggested practices can be contraindicated in certain situations. We do not offer any medical advice. You should consult a medical practitioner before attempting any practices in this book to ensure that you do not injure yourself. We accept no liability whatsoever for any damages arising due to the use of this book.

ARIES (Sign #1)



Description of Aries

- Element: Fire
- Doshā: Pitta
- Mode: Movable sign (always on the go)
- Planetary Ruler: Mars (action, Pitta)
- Body Part: Head (prone to head injuries)
- Symbol: Ram (rugged, willing to go alone in new territories)
- Sun is exalted / strong in Aries (leader, king)
- Saturn is debilitated / weak in Aries (lack patience)

General Qualities

Aries people are very energetic, active, courageous, adventurous, good at starting things and taking initiative, very independent, ambitious, dominating, competitive, may be self-centered, fiery, bold, physically inclined, headstrong and restless. They have many ideas in their head and may speak before thinking. They forget to take time off. Their Maṅtra is “now now now.” They are the most impulsive and impatient sign of the zodiac and hence may act in haste. They like to be first in everything (Aries is first sign of the Zodiac).

Lesson for Aries: Aries people are very good at taking initiative and starting things. But they need to make sure that they finish what they

start. Also, enjoy the ride instead of focusing on the destination all the time. Try to just be.

Famous people with Aries Rising: Martin Luther King, Swami Muktaṅga.

Practices for Aries Rising

General Style / Recommendations

- Slower paced flow (example: three breaths per pose).
- Aries people love physically challenging poses. It is beneficial to do challenging poses countered with relaxing poses focusing on breath.
- Maintain caution with pushing body too hard to avoid injuries.
- Meditation is helpful for calming down inner restlessness.

Mantra for Aries Rising

Simple Mantra:

ॐ मङ्गलाय नमः

Om Mangalāya Namaha

Beej (seed) Mantra:

ॐ क्रां क्रीं क्रौं सः भौमाय नमः

Om Krām Krim Kraum Sah Bhaumāya Namaha

Āsana

1. Use the warrior energy of Aries in a guided way through Virabhadraśana (warrior pose).
 - a. Warrior-I
 - b. Warrior-II
 - c. Warrior-III

2. Calm Pitta (fire energy) in the head through mild inversions:
 - a. Viparita Karani (legs up the wall)
 - b. Ardha Sarvāṅgāsana (half shoulder stand)
 - c. Adho Mukha Svānāsana (downward facing dog): hold for 10-15 breaths, which can be quite strenuous. You are tapping into your strength.
3. Channel the need for challenging poses that require strength with these three variations: Purvottānāsana (upward plank pose), Vasisthāsana (side plank pose), Chaturāṅga Daṇḍāsana (plank pose)
4. Counterposes: Apānāsana (knees to chest), Bālāsana (child pose)

Mudrā

1. Bhairavi Mudrā (left hand on top, Shakti aspect), Bhairava Mudrā (right hand on top, Shiva aspect): One hand on top of the other with palms facing upwards. Helps to unite all opposites and to harmonize and coordinate between the right and left hemisphere of the brain. Universally used for meditation as it brings a sense of inner balance and peace in body and mind.
2. Trātak Sāadhanā (gazing at a ghee lamp): Balancing the warrior energy of Aries, helps with getting out of the head.

Marmāni

1. Brahmarandra: This Marma point is located on the top of the head. It is eight finger widths above the point between the eyebrows, on the center line of the skull. Some of its functions are:
 - Balances Pitta energy in the head
 - Helpful with headaches
 - Regulates cerebrospinal fluid
 - Calms emotions and the mind
 - Regulates function of pituitary gland

2. Shankha: This Marma is located at the right and left temple. Some of its functions are:
- Calming to Pitta
 - Relieves migraines and temporal headaches
 - Regulates intraorbital pressure
 - Helpful in reducing stress and calming the mind

Meditation for Moon in Aries

Sit in a comfortable position. Close your eyes. Focus on your breath.

Do So-Hum meditation as described here: *So* is the natural sound of inhalation and *Hum* is the natural sound of exhalation. As you inhale, remember the sound “Sooo” and as you exhale, remember the sound “Hummm”.

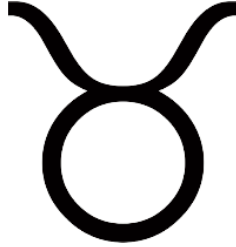
While focusing on *So* during inhalation and on *Hum* during exhalation, do three rounds of alternate nostril breathing (nādi sodhana) as follows: Close your right nostril with your right thumb and take a deep inhalation from the left nostril. Pause for a few seconds. Now close the left nostril with pinky and ring finger of the same hand, lift your thumb and exhale from your right nostril. Expel all the air. Pause for a few seconds. Now inhale from right side, then close the right nostril with right thumb again, pause for a few seconds and exhale from left side. Pause for a moment. This completes one cycle of alternate nostril breathing. Repeat this cycle two more times at your own pace.

Then go back to just doing So-Hum again. The Universe is humming with the sound So-Hum. You are getting in tune with the Universe. Relax your body, relax your facial muscles, relax your jaw muscles, still doing So-Hum. So-Hum. So-Hum.

You are a warrior. Ever so powerful and active. Every cell in your body is extremely powerful and full of light. You are radiating light. The more you share this energy and light that you have, the more you receive. You are a channel. As you breathe in, you are receiving the light. As you breathe out, you are showering this pure light on to others. Keep spreading the light, continue with So-Hum.

Now relax and let go. You have nowhere to go and nothing to do. You are home. Slowly open your eyes and come out of the meditation.

TAURUS (Sign #2)



Description of Taurus

- Element: Earth
- Doshā: Kapha
- Mode: Fixed sign (obstinate nature)
- Planetary Ruler: Venus (love comfort, beauty)
- Body Parts: face, mouth, eyes, nose
- Symbol: bull
- Moon is exalted / strong in Taurus

General Qualities

Symbol for the sign of Taurus is a bull – signifies fixed, obstinate and stable nature. Like a bull, they are not interested in acting or moving unless it is for a specific purpose. Taurus rising people have a lot of inertia, just like a bull, difficult to start but once they start or get going, they stick with the task and do it all the way. They are practical (Earth sign), sensuous, artistic (Venus as ruler of Taurus), dependable, materialistic, patient, tenacious and possessive. They love beautiful things, may get lazy, love comfort and luxury, have good social skills, like to cook and eat gourmet food. They have a typical Kapha disposition - slow to boil and slow to forgive.

Lesson for Taurus: Their goal should be to transcend material comforts and sensuality and find divine beauty. Be flexible. Be active.

Famous people with Taurus Rising: Lord Sri Krishna, Mick Jagger.

Practices for Taurus Rising

General Style / Recommendations

- Organize the Yoga space nicely with beautiful surroundings. Aesthetics are very important.
- Try to change routine frequently.
- More active practice, getting off the couch.
- Walking (meditation).

Mantra for Taurus Rising

Simple Mantra:

ॐ शुक्राय नमः

Om Shukrāya Namaha

Beej (seed) Mantra:

ॐ द्रां द्रीं द्रौं सः शुक्राय नमः

Om Drām Drim Draum Sah Shukrāya Namaha

Āsana

1. This pose embodies the qualities of the sign: Gomukhāsana (cow face pose).
2. Focus on movement of facial muscles: Simhāsana (lion pose).
3. To shake off inertia: Wood Chopper. Stand in Tādāsana, legs apart, imagine having an axe in both hands, lifting it above your

head, then swinging it down with full force (imagine chopping the wood) and letting a loud AHHH sound out of your mouth as the axe comes down, letting go of all the stress that you hold inside.

4. Eyes, Tongue and Jaw practices. You can do these while sitting or standing.
 - a. Eyes: Look straight ahead, inhale. As you exhale, move your eyes to the right, without moving your head. Inhale, eyes back to center, as you exhale, look to your left. Do this several times. Now look up and down several times. Now diagonal, left top corner to bottom right corner a few times, then from top right corner to bottom left corner several times. Now rotate the eyes 360 degrees clockwise a few times and then counter-clockwise for a few times.
 - b. Tongue: Stick your tongue as far out as you can. Hold it for a few seconds. Bring it back in the mouth. Repeat several times. Now circle the tongue inside the mouth in front of the teeth clockwise and counter-clockwise several times. Now press the tongue on the roof of the mouth for a few seconds and release. Repeat a few times.
 - c. Jaw: Open your mouth slightly. Gently move your lower jaw left and right several times.

Mudrā

1. Shukra Mudrā: For channeling sexual energy and promoting glandular balance. This mudra is done by interlacing the fingers. One of the thumbs rests on the web between the other thumb and the index finger. For men – left little finger at the bottom and right thumb on top, for women – right little finger on the bottom and left thumb on top.
2. Prāna Mudrā: Touch the tips of thumb, ring finger and little finger. Index finger and middle fingers are kept straight. Palms facing upwards. This mudra improves vision and is used to alleviate eye diseases. Clear eyes are also a sign of mental clarity.

3. Trātaka Sādhanā (gazing at flame of a candle): Cleansing to eyes and the energy of candle is more invigorating than gazing at the ghee lamp which is more grounding.

Marmāni

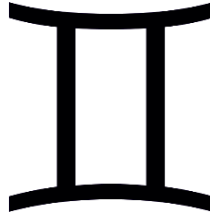
1. Hanu: This Marma is located in the midline of the face, between chin and lower lip. Some of its functions are:
 - Improves the color complexion of the face
 - Balances the tone of the facial muscles
 - Regulates salivary secretion
 - Helps with trigeminal neuralgia, facial paralysis
2. Nāsa Madhya: This Marma is on the back of the nose, where the bony part meets the cartilage part of the nose. Some of its functions are:
 - Relieves sinus congestion, nose bleeds, allergies
 - Helps with snoring

Meditation for Moon in Taurus

Sit in a comfortable position. Close your eyes. Focus on your breath. Imagine a beautiful house surrounded by very old and tall trees. You are in the dining room and there is exotic artwork on the walls. You are having a sumptuous meal with your family and close friends. You are laughing and having a good time.

As you are enjoying the delicious food and admiring the artwork, suddenly it all blurs out and lord Siva appears in front of you along with his bull Nandi. The image of lord Siva and Nandi starts becoming more and more real. The voices in the room and conversations start fading away. Now all you see is Siva and Nandi. You admire Siva's beautiful smile. You admire the crescent Moon on his forehead. You look at the Ganges river flowing out of His matted hair. You go into a blissful state and start whispering Om Namaha Shivāya. Om Namaha Shivāya. Om Namaha Shivāya.

GEMINI (Sign #3)



Description of Gemini

- Element: Air
- Doshā: Vāta
- Mode: Dual sign (flexible nature)
- Planetary Ruler: Mercury (gives flexibility, linguistic skills, communication, sense of humor)
- Body Parts: Arms, Shoulders, Hands, Neck, Throat
- Symbol: twins or a man and a woman in embrace
- No planet is exalted or debilitated in Gemini

General Qualities

Gemini people are intelligent, talkative, studious, funny, business-oriented, always busy, nervous, information-oriented and get bored easily. Their mind is always active. They make good teachers, speakers, writers, comedians. They are very good at multi-tasking. They can even handle multiple careers at the same time.

Lesson for Gemini: Gemini rising people have no match when it comes to learning and acquiring knowledge. They should also spend time in digesting that knowledge in order to turn it into wisdom.

Famous people with Gemini Rising: Dalai Lama, Albert Einstein.

Practices for Gemini Rising

General Style / Recommendations

- Gemini people love to change routines, but it would be beneficial to keep at least certain parts of the daily practice the same.
- Master one or two poses, then move to a new one, not trying to do it all.
- Grounding poses.
- Draw attention to awareness of body and breath. Lots of Prānāyām.
- Read about Yoga philosophy.
- Avoid tendency to over analyze.
- Love for Mantras and the path of Jnāna Yoga.

Mantra for Gemini Rising

Simple Mantra:

ॐ बुधाय नमः

Om Budhāya Namaha

Beej (seed) Mantra:

ॐ ब्रां ब्रीं ब्रौं सः बुधाय नमः

Om Brām Brim Braum Sah Budhāya Namaha

Āsana

1. Gemini is associated with arms. Involvement of arms in this pose: Trikonāsana (triangle pose).
2. Involvement of arms, flushing lymph in arm pits, flexibility in the shoulders: Garuḍāsana (eagle pose).

3. Supportive for throat, flushes thyroid: Setu Bandhāsana (bridge pose). Gemini is often acting as a “bridge”.
4. Involvement of shoulders, arms, wrists, hands: Adho Mukha Vrksāsana (hand stand).
5. Neck, shoulder, and wrist movements.

Mudrā

1. Bhūmisparsha Mudrā (gesture of enlightenment or gesture of calling witness): The finger tips of the right hand touch the ground, the left hand is placed in your lap with palm facing upwards. It shows how important it is to first fulfill our earthly obligations before we can achieve enlightenment. This mudrā is also about showing respect to mother Earth and importance of grounding.
2. Shaṅkha Mudrā: Very powerful for throat and speech, also calming. Wrap the four fingers of your right hand around the left thumb. Touch the right thumb to the middle finger of your left hand. Hold your hands in front of your chest. This mudra resembles a *shankh* (a conch shell).
3. Vāyu Mudrā: Bring the tip of the index finger of both hands to the base of the thumb. Press the thumb on the middle phalange of the index finger, extend other three fingers. This mudrā can be used for relief of pains due to excess air in the body.

Marmāni

1. Sīrāmaṅtha: On the inner border (closer to the center of the throat) of the sternocleidomastoid muscle, approx. two anguli (finger width) above the collar bone. Some of its benefits are:
 - Balances thyroid and parathyroid function
 - Supports lymphatic circulation
 - Relaxes neck muscles

- Beneficial for throat-related ailments
2. Manibandha: At the middle of the wrist, between the two large tendons. Some of its functions are:
- Improves flexibility of the wrist joint
 - Relieves wrist pain in cases of carpal tunnel syndrome, swelling etc.

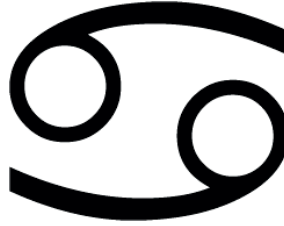
Meditation for Moon in Gemini

Sit in a comfortable position. Close your eyes. Focus on your breath.

Do alternate nostril breathing (nādi shodhan Prānāyām) three times (see description under Aries).

Relax for a few minutes. Enjoy the blissful feeling. Now lay down in Shavāsana (corpse pose). Close your eyes. Focus your attention on the top of your head. Observe if you feel any sensations there. Does it feel warm or cold? Is there any itching sensation? Just observe without any reaction or judgement. Keep focusing on your breath all this time. Now bring your attention down to your eyes, mouth and face. Silently observe any sensations. In this manner, keep going down the body parts one by one: neck, chest, back, stomach, genitals, upper legs, knees, lower legs and feet. You can do this full cycle of observing sensations on your entire body from top to bottom several times. Once done, slowly shake your legs and arms and come out of meditation.

CANCER (Sign #4)



Description of Cancer

- Element: Water
- Doshā: Kapha
- Mode: Cardinal / Movable sign
- Planetary Ruler: Moon (caring, nurturing, sensitive, emotional)
- Body Parts: Heart, Chest, Breasts
- Symbol: crab (they move in groups)
- Jupiter is exalted / strong in Cancer (wise)
- Mars is debilitated / weak in Cancer (no aggression)

General Qualities

Security and stability is very important for Cancer rising people. They love the comfort of their home and staying indoors. It is hard for them to come out of their comfort zones. They are caring and nurturing like a mother, supportive, moody, cautious, responsible, defensive and withdraw when offended, have powerful intuition, like to live near water. Outwardly they may look tough like the hard shell of a crab but inside they are extremely sensitive. They need to make time for themselves as they are very concerned about families and friends. They have a tendency to gain weight as Moon rules this sign and it is a watery sign. They are sensitive to the cycles of Moon.

Lesson for Cancer: You have protection of the Mother. While taking care of others, take care of yourself also. While nurturing others, nurture yourself as well.

Famous people with Cancer Rising: Sri Aurobindo, Madam Curie.

Practices for Cancer Rising

General Style / Recommendations

- Heart openers.
- Flowing practice.
- Restorative Yoga (nurturing one's self).
- Worshipping the divine Mother and Goddess in any form (as this is a very motherly, nurturing sign).
- Feeling secure is important. Experiencing security at home can help with creating a nurturing practice. Practicing in groups can support the feeling of security as well.
- Children's Yoga teachers, prenatal and postnatal Yoga teachers.
- Adjust diet as per the phases of the Moon.

Mantra for Cancer Rising

Simple Mantra:

ॐ चन्द्राय नमः

Om Chandrāya Namaha

Beej (seed) Mantra:

ॐ श्रां श्रीं श्रीं सः चन्द्राय नमः

Om Shrām Shrim Shraum Sah Chandrāya Namaha

Āsana

1. To honor the need for security, turning inward: Bālāsana (Child pose).
2. Moon rules Cancer, water element (flowing nature): Chandra Namaskār (Moon salutation).
3. Representing the Moon: Ardhashandrāsana (half-Moon pose).
4. To facilitate the opening of heart / chest area: Ushtrāsana (Camel pose), Bhujangāsana (Cobra pose) and others.

Mudrā

1. Hridaya Mudrā (Heart Mudrā) / Apāna Vāyu Mudrā: Bring the tip of the index finger to the base of the thumb of both hands, the tip of the thumb touches the tip of the middle and ring finger, little finger stretches out. Supports the heart.
2. Ganesha Mudrā: Start with left hand in front of your chest, palm facing outward, now hold left fingers with right fingers. Now exhale and vigorously pull hands apart. Inhale and let go of tension. Repeat several times. Then change hands and repeat same number of times. Stimulates the fire element, opens the heart and improves confidence.
3. Linga Mudrā: Interlace your fingers one thumb pointing upwards, wrapped by thumb and index finger of the other hand. Helps with colds and coughs, strengthens immunity, increases fire energy in the body.

Marmāni

1. Hridayam (heart): On midline of body, on the breast bone (sternum) at the level of the third intercostal space. Some of its functions are:
 - Regulates heart rate

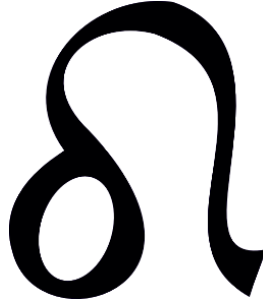
- Improves heart circulation
 - Eases chest pain
2. Stanya Mulā: One anguli (finger width) on either side from the midline of body, and about two finger widths above the lower end of the breast bone. Some of its functions are:
- Improves lactation
 - Benefits any kind of congestion in the breast tissue

Meditation for Moon in Cancer

Sit in a comfortable position. Close your eyes. Focus on your breath.

Imagine you are in the womb of Mother Goddess. You are completely protected and all of your needs are taken care of. You are floating in the Ocean of *amrita* (nectar). Sweet nectar all around you. As you are floating, talk to the Mother. Smile at Her. Laugh like a child with the Mother. Tell Her that you feel safe in Her womb. You feel nourished. You feel protected. You and Mother are the same. You are the Universe. You are pure Supreme Consciousness. You are also the Shakti (feminine power) that is experiencing and manifesting that consciousness. You are one with everything. You are protected. You are powerful. You are Divine.

LEO (Sign #5)



Description of Leo

- Element: Fire
- Doshā: Pitta
- Mode: Fixed sign (extremely stubborn)
- Planetary Ruler: Sun (leader, ego)
- Body Parts: Stomach, Solar Plexus
- Symbol: lion (leaders, territorial, royal)
- No planet is exalted or debilitated in Leo

General Qualities

Everything is a performance for Leo rising people. They love recognition and do not like to share the lime light with anyone else. They set unrealistic standards for themselves and hence usually feel disappointed even if they achieve great things in life. They are sincere, independent, leaders, royal, generous, arrogant, proud, noble, authoritative, very self-confident, brave, strong willed, are born to shine and can be self-centered.

Lesson for Leo: Transcend ego. Recognize that this whole creation is a drama being played out, it is māyā, an illusion. Don't get sucked into this drama. Learn to forgive yourself.

Famous people with Leo Rising: Paramahansa Yogānanda, Madonna.

Practices for Leo Rising

General Style / Recommendations

- Balance the fire energy with cooling poses, if needed (such as forward bends).
- Twists to massage internal organs (including stomach).
- Sun rules the bones. Using props like weight balls might be helpful to strengthen bones.
- Leo people do not make very good Yoga students but they make very good Yoga teachers.

Mantra for Leo Rising

Simple Mantra:

ॐ सूर्याय नमः

Om Suryāya Namaha

Beej (seed) Mantra:

ॐ ह्रां ह्रीं ह्रौं सः सूर्याय नमः

Om Hrām Hrim Hraum Sah Suryāya Namaha

Āsana

1. The pose of the sign: Simhāsana (lion pose), with lion breath.
2. Sun rules Leo, honoring the light of the soul within: Surya Namaskār (sun salutation) – can recite Bija (seed) sounds for every step of sun salutation.
3. With a feeling of complete surrender: Sāshtāṅga Namaskār (laying down on your stomach on the floor with hands folded in Namastè above your head).

Mudrā

1. Surya (Sun) Mudrā: Press the tip of your ring finger at the base of your thumb, press the thumb on the middle phalange of the ring finger, keep the other three fingers straight. Helps with digestion and reduces anxiety.
2. Rudra Mudrā (balances solar plexus): Touch the tips of your thumb, index finger, and ring finger together. Extend the other two fingers out. Strengthens the stomach, spleen and pancreas.

Marmāni

1. Agra Patra: At the center of the xiphoid process. Some of its functions are:
 - Relieves hiccups and nausea
 - Helps with gastritis and ulcers (Leo being a Pitta sign)
 - Facilitates emotional release (Leo may have a tendency to suppress emotions)
2. Sūrya: Midline of the body, abdominal area, the midpoint between the tip of the xiphoid process (below the breast bone) and the navel. Some of its functions are:
 - Kindles Agni (digestive fire) and improves appetite
 - Relieves nausea, vomiting and stomach pain
 - Balances Pitta

Meditation for Moon in Leo

Sit in a comfortable position. Close your eyes. Focus on your breath. Now focus your attention on the rising Sun. Absorb the warmth of the rays of the Sun in your body. Imagine the light of the Sun illuminating each and every cell of your body. Gāyatri is the deity of Surya, the Sun God. Gāyatri Mantra is the highest Mantra. Now silently chant Gāyatri Mantra 5 times: Om Bhoor Bhuvaha Swaha Tat Savitur Vareṇyam Bhargo Devasya Dheemani Dhiyo Yo Nah Prachodayāt. As you chant the Mantra, focus on its meaning.

Meaning of Gāyatri Mantra:

- We meditate on the glory of the Creator of the Universe;
- Who is the embodiment of Knowledge and Light;
- Who is the remover of Sin and Ignorance;
- May He open our hearts and enlighten our Intellect.

VIRGO (Sign #6)



Description of Virgo

- Element: Earth
- Doshā: Vāta
- Mode: Dual sign (flexible)
- Planetary Ruler: Mercury (good sense of humor and communication skills)
- Body Part: Large Intestine (main seat of Vāta in the body)
- Symbol: a virgin girl
- Mercury is exalted / strong in Virgo (very good at doing business, communications)
- Venus is debilitated / weak in Virgo (they do not enjoy purely material pleasures)

General Qualities

Virgo rising people have a fascination with diet, hygiene and purity. They are critical, precise, shy, organized, detail-oriented, practical, analytical, discriminating, intelligent, have a very active mind, have good business acumen, good memory, skeptical, demanding, set high standards, tend to worry, articulate speakers, good writers, like to serve others, perfectionists. It bothers them a lot when someone they love or a family member is suffering.

Lesson for Virgo: Rise above your intellect. Learn to let go. Know that you are protected.

Famous people with Virgo Rising: Sri Ramana Maharshi, John Lennon.

Practices for Virgo Rising

General Style / Recommendations

- Focus on breath and awareness of body and stay in each pose longer, meditative approach.
- See the Yoga practice as “an act of service or offering to the Universe.”
- Pay attention to elimination (bowel movements).
- Need to learn to relax as they tend to use excessive mental and nervous energy.
- Jnāna Yoga.
- Positive visualizations are very helpful.
- Stop judging yourself and others.

Mantra for Virgo Rising

Simple Mantra:

ॐ बुधाय नमः

Om Budhāya Namaha

Beej (seed) Mantra:

ॐ ब्रां ब्रीं ब्रौं सः बुधाय नमः

Om Brām Brim Braum Sah Budhāya Namaha

Āsana

1. Finding the connection to Earth element which is grounding and calming for nervous system: Tāḍāsana (mountain pose).
2. To support elimination: Mālāsana (Garland pose – squat).
3. To further support elimination, especially peristalsis of colon and movement of waste through large intestine: Jathara Parivartānāsana (Reclining open-leg spinal twist), Marichyāsana (Seated spinal twist).

Mudrā

1. Pushān Mudrā. Right Hand: The tips of the thumb, index finger, and middle finger touch each other, other fingers are straight. Left Hand: The tips of the thumb, middle finger and ring finger touch each other, the other fingers are straight. Symbolizes accepting and receiving with one hand and letting things go with the other. Flow is very important for Virgo and for proper elimination.
2. Prāna Mudrā: Touch the tips of thumb, ring finger and little finger. Index finger and middle fingers are kept straight. Palms facing upwards. This mudra is calming to nervous system, grounding and increases self-confidence.

Marmāni

1. Nābhi 3: Right lower abdominal quadrant, midpoint between navel and right anterior superior iliac spine (ASIS). Some of its functions are:
 - Balances ascending part of the large intestine
 - Helps with elimination of āma (toxins)
 - Relief from constipation
2. Nābhi 4: Left lower quadrant, midpoint between navel and left ASIS. Some of its functions are:

- Balances descending part of large intestine
 - Helps with irritable bowel syndrome
 - Relief from constipation
3. Indrabasta: Center of the belly of the calf muscle (gastrocnemius).
Some of its functions are:
- Balances the colon
 - Calms the mind
 - Sciatica relief

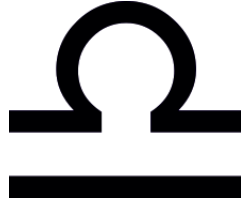
Meditation for Moon in Virgo

Sit in a comfortable position. Close your eyes. Focus on your breath.

Do alternate nostril breathing (Nādi Shodhana Prānāyām) three times (see description under Aries).

Keep your eyes closed. Enjoy the blissful feeling. There are cycles of creation and dissolution that have been going on for ages. Trust there is a Divine plan. And you are an intimate part of that plan. You are here to serve others. You are a pure being. You are pure consciousness. Let go of all the stress. Let go of all the worry. Let go of the details. Let go of control. Let go of all the analysis. Trust the Universe is taking care of everything and everyone. Serve others and you will be served. Take care of the needs of others and your needs will be taken care of. Your family is being showered with all the blessings. Imagine you have perfect health. Already having a perfect mind, body and soul, you are serving others. Imagine everyone in this Universe is healthy and happy.

LIBRA (Sign #7)



Description of Libra

- Element: Air
- Doshā: Vāta for males and Vāta-Kapha for females
- Mode: Cardinal / Movable sign
- Planetary Ruler: Venus (sexual, social, arts)
- Body Parts: Kidneys, Reproductive System
- Symbol: weighing scales (fair, balanced, harmonious, diplomatic)
- Saturn is exalted / strong in Libra (Air element)
- Sun is debilitated / weak in Libra (very little ego)

General Qualities

Life of Libra rising people is centered around friends and social groups. They like to avoid conflict at any cost. They are the peacemakers. They are strong, sensual, balanced, harmonious, diplomatic, fair, relationship-oriented, charming, gentle, soft-spoken, congenial, love music and art. They like to share everything.

Lesson for Libra: Don't get distracted by pleasures of the senses. Go beyond worldly relationships to develop a relationship with the Divine.

Famous people with Libra Rising: Mahatma Gandhi, Charlie Chaplin.

Practices for Libra Rising

General Styles / Recommendations

- Focus on breath and body awareness during practice.
- Balancing poses.
- Bhakti Yoga.
- Partner Yoga, Yoga with friends.
- Can become good Yoga teachers due to their empathic and understanding nature.
- Should strive to have a fixed practice.

Mantra for Libra Rising

Simple Mantra:

ॐ शुक्राय नमः

Om Shukrāya Namaha

Beej (seed) Mantra:

ॐ द्रां द्रीं द्रौं सः शुक्राय नमः

Om Drām Drim Draum Sah Shukrāya Namaha

Āsana

1. The pose of the sign: Tolāsana (scales pose) or Kukkutāsana.
2. To support the blood and lymph flow around pelvic organs: pelvic tilts.
3. To tone reproductive organs and kidneys: Salabhāsana (Locust pose).
4. Combine grounding and light qualities of this pose to bring balance: Vrksāsana (tree pose).

Mudrā

1. Shukra Mudrā: For channeling sexual energy and promoting glandular balance. This mudra is done by interlacing the fingers. One of the thumbs rests on the web between the other thumb and the index finger. For men – left little finger at the bottom and right thumb on top, for women – right little finger on the bottom and left thumb on top. Libra is ruled by Venus (shukra).
2. Yoni Mudrā: Hands form an almond shape with tips of the thumbs touching and extending upwards. Finger tips are joined and extended downwards. Symbolizes a vulva, helps to get in touch with the feminine energy. Can also be helpful for men to bring ideas into manifestation. Libra rules reproductive organs.

Marmāni

1. Vrukka: One finger width below the spinous process of T12, left and right side. Some of its functions are:
 - Supports kidneys and adrenals
 - Helps with urinary tract infections
 - Relieves lower back pain
2. Bhāga: Located above external genitalia and in front of the bladder. Some of its functions are:
 - Balances reproductive organs
 - Helpful with menstrual problems and urinary ailments

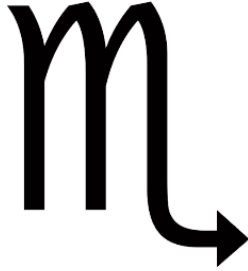
Meditation for Moon in Libra

Chanting can be a great style of meditation for Libra rising people.

Sit in a comfortable position. Close your eyes. Focus on your breath.

Imagine a world where everyone is freely sharing food and everything they have. It is through giving that you receive. God gave us two hands – one for receiving and one for giving. Only Love exists. Nothing else. Surrender yourself to the higher Love. Merge yourself with the Divine. God is your partner. God is your Love. God is beautiful. The entire Universe is beautiful. Chant 3 times: Hare Krishna Hare Krishna Krishna Krishna Hare Hare, Hare Ram Hare Ram, Ram Ram Hare Hare. Completely lose yourself in the holy name of God. Be one with God. Be God.

SCORPIO (Sign #8)



Description of Scorpio

- Element: Water
- Doshā: Pitta
- Mode: Fixed sign (stubborn)
- Planetary Rulers: Mars and Ketu (aggressive, fierce, deep, passionate)
- Body Parts: Anus, Rectum
- Symbol: a scorpion (hidden)
- Moon is debilitated / weak in Scorpio (no diplomacy)

General Qualities

Scorpio rising people have the most potential for transformation, change and metamorphosis. They are passionate, intense, very powerful, sexual, like to influence others, secretive, obsessive, possessive, competitive, vengeful, controlling, determined and intuitive. They are strongly attracted to Yoga, astrology and all esoteric sciences. They often have a conflict raging within.

Lesson for Scorpio: Use transformation as a vehicle for personal growth.

Famous people with Scorpio Rising: Sathya Sai Baba, Bruce Lee.

Practices for Scorpio Rising

General Style / Recommendations

- Hold the poses longer to experience their meaning more deeply on all levels.
- Bring attention to the flow of Prānā.
- Fascination with Chakras, Kundalini Yoga and with attainment of Siddhis.
- Energetic Yoga practices with movement such as Ashtānga Yoga and Vinyāsa.

Mantra for Scorpio Rising

Simple Mantra:

ॐ मङ्गलाय नमः

Om Mangalāya Namaha

Beej (seed) Mantra:

ॐ क्रां क्रीं क्रौं सः भौमाय नमः

Om Krām Krim Kraum Sah Bhaumāya Namaha

Āsana

1. The pose of the sign: Vrischikāsana (Scorpio pose).
2. Because it is all about change and transformation for Scorpio: Shavāsana (Corpse pose - transformation through death).
3. Again, it is about transformation: Garuḍāsana (Eagle pose; can also be seen as Phoenix, bird of transformation).

4. Toning for abdominal and pelvic organs: Eka Pāda Rājākapotāsana (Pigeon pose).

Mudrā

1. Varuna Mudrā: Bend little finger of the right hand until the tip touches the ball of your right thumb, press right thumb on it, then press little finger slightly also with left thumb, and left hand encircles right hand. Balances the water element (Scorpio being a water sign) and prevents all diseases which develop due to lack of water.
2. Mangala Mudrā (Mars Mudrā): To connect with energy of Mars, the ruling planet of Scorpio. Make a fist with both hands and either bring thumb inside the fists, or outside resting on the fingers, or extended out. Increases courage, vitality, strength and ability to overcome obstacles.
3. Ashwini Mudrā: Stimulates the abdomen and pelvic area including the reproductive organs. It helps get rid of constipation, diseases of the rectum and hemorrhoids. Sit in a comfortable position (sukhāsana or padmāsana). Relax for a minute. Inhale fully, hold your breath and contract the anal sphincter muscles every 1-2 seconds. Completely relax the anal muscles between the contractions. Do as many times as possible during holding your breath, without straining. Then relax anal sphincter and exhale.

Marmāni

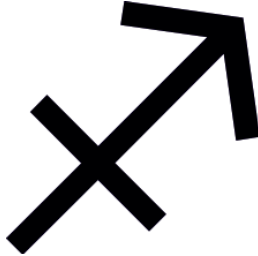
1. Trik: At the tip of the coccyx, lower end point of spine. Some of its functions are:
 - Relieves rectal pain, fissures, hemorrhoids
 - Strengthens urinary and reproductive system
 - Supports the pelvic floor
2. Sphij: Lies below each buttock, on ischial tuberosity (right and left). Some of its functions are:

- Relieves pain locally
- Balances colon, especially sigmoid colon
- Benefits lower back pain

Meditation for Moon in Scorpio

Lay down in Shavāsana. Close your eyes. Imagine you are a vast Ocean. You are deep. You are intense. You are wise. You are hidden, away from the eyes of other human beings. You have access to the deep esoteric wisdom. Hidden deep at the bottom of the Ocean. Gods and demons are churning this Ocean to bring out the *Amrita* (nectar of immortality). Churning and transformation is necessary and beautiful. It is only through change and transformation that a piece of rock becomes a diamond. Do not fear the change. Imagine the Kundalini rising up from the base of your spine, cleansing all your Chakras as it goes up. You are not the body, you are the soul. Life and death are two sides of the same coin. You are eternal. You are connected. You are Divine.

SAGITTARIUS (Sign #9)



Description of Sagittarius

- Element: Fire
- Doshā: Pitta
- Mode: Dual sign
- Planetary Ruler: Jupiter (wise, spiritual)
- Body Parts: hips, thighs, lower back
- Symbol: Centaur (half horse and half human, an archer, aiming to elevate to a higher level of spirituality)

General Qualities

Sagittarius rising people love outdoors and like to travel. They are always focused on a higher goal, have a strong sense of ethics and Dharma. They are knowledgeable experts, professionals, straightforward, open, honest, gregarious, generous, optimistic, cheerful, judgmental, righteous, lucky, religious, philosophical, traditional, know-it-all and love spiritual journeys. They are a free bird. Anyone trying to tie them down or wants commitment from them – be it in relationship or at work can stress them out.

Lesson for Sagittarius: Avoid self-righteousness and respect different approaches.

Famous people with Sagittarius Rising: Mother Teresa, Jimi Hendrix.

Practices for Sagittarius Rising

General Style / Recommendations

- Walking meditation.
- Being out in nature.
- Strong, one-pointed focus – can be used well in Yoga practice.
- Calming and cooling poses.
- Jnāna Yoga.

Mantra for Sagittarius Rising

Simple Mantra:

ॐ गुरवे नमः

Om Guravè Namaha

Beej (seed) Mantra:

ॐ ग्रं ग्रीं ग्रौं सः गुरवे नमः

Om Grām Grim Graum Sah Guravè Namaha

Āsana

1. The pose of the sign, as a bow is held by Sagittarius: Dhanurāsana (Bow pose).
2. These poses make good use of thighs (body part connected with Sagittarius), as well as fire energy of this sign: Virabhadṛāsana 1-3 (Warrior 1-3). Variation of Virabhadṛāsana 2 – pulling bow.
3. With focus on thighs and hips: Eka Pāda Rājapōtāsana (Pigeon pose).

4. Arjunāsana / Dhanurāsana: sitting pulling bow.

Mudrā

1. Gyān Mudrā: (using Jupiter finger, ruler of the sign): Touch the tips of thumb and index fingers. Middle, ring, and little fingers are stretched out. This mudra grants wisdom.
2. Back Mudrā. Right hand: Tips of thumb, middle finger and little finger are touching; the index finger and ring finger are extended. Left hand: Place thumb joint on nail of the index finger. Helps with any back issues.
3. Trātaka Sādhanā (gazing at the ghee lamp): To help channel their great potential for concentration.

Marmāni

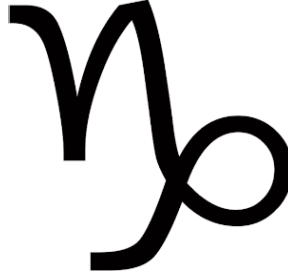
1. Lohitāksha: On the upper, frontal part of the thigh, below the inguinal ligament. Some of its functions are:
 - Relieves local pain
 - Helps with arthritis in hips
 - Supports circulation in lower extremities
 - Relief from sciatica and neuropathy of lower extremities
2. Sakthi (Ūrvī): Located on the frontal aspect of the thigh, halfway between the knee and the groin area. Some of its functions are:
 - Promotes circulation in thighs
 - Relieves pain in lower extremities

Meditation for Moon in Sagittarius

Sit in a comfortable position. Close your eyes. Focus on your breath.

You are a spiritual being. Your goal is to transcend to the next higher level of existence. You have immense wisdom. You have protection of the Gurus. Imagine you are going on a pilgrimage. It is a long walk up to the top of the mountain where the temple of Siva is located. You are enjoying the walk. Every step is giving you more wisdom, more faith, more strength and is transforming you to a more evolved being. Always looking up. Aiming high. Your goal in sight with every step. Fresh air. You have a smile on your face. Tears of joy flowing, as you are being transformed. Remain in this state for a while. Enjoy the blissful feeling.

CAPRICORN (Sign #10)



Description of Capricorn

- Element: Earth
- Doshā: Vāta predominantly (cold and dry)
- Mode: Cardinal / Movable sign
- Planetary Ruler: Saturn (old, persevering, hard-working)
- Body Parts: Knees
- Symbol: crocodile or *Makara* (ancient creature)
- Mars is exalted / strong in Capricorn (all work, no play)
- Jupiter is debilitated / weak in Capricorn

General Qualities

Capricorn rising people show determination, seriousness and perseverance. They have a fascination for older cultures and ways of thinking. They start late in life but end up doing great through their own hard work. They are good in business, patient, sober, practical, ambitious, value action and results, down to earth, organized, pragmatic, materialistic, career oriented and responsible.

Lesson for Capricorn: Realize that life's purpose is in state of being rather than the state of doing. Become a silent witness. All work and no-play is not much fun. Let go.

Famous people with Capricorn Rising: Yogi Bhanan, Carl Jung.

Practices for Capricorn Rising

General Style / Recommendations

- Paying attention to knees / joints.
- Bringing joy in Yoga practice (as they can be very serious).
- Karma Yoga.
- Sitting meditation just focusing on breath. Doing as little as possible and just being in the moment.
- Sometimes find Yoga late in life.
- Natural fascination with older cultures.

Mantra for Capricorn Rising

Simple Mantra:

ॐ शनये नमः

Om Shanayè Namaha

Beej (seed) Mantra:

ॐ प्रां प्रीं प्रौं सः शनये नमः

Om Prām Prim Praum Sah Shanayè Namaha

Āsana

1. The pose of the sign: Makarāsana (crocodile pose) – a relaxation pose.
2. To bring some fun and joy into the practice: Ānanda Bālāsana (happy baby pose).

3. Capricorn people can literally “move mountains”: Tāḍāsana (mountain pose).
4. Good for knees: Uttkatāsana (Chair pose).
5. Gentle movements to warm up the knees.

Mudrā

1. Joint Mudrā. Right hand: Join the tips of thumb and ring finger. Left hand: Join the tips of thumb and middle finger. Keep the other fingers straight. Balances energy in the joints.
2. Makara Mudrā (crocodile Mudrā): Place one hand inside the other, extend thumb of your lower hand through the little finger and ring finger of the other and place in the palm of your upper hand. The upper hand’s tips of thumb and ring finger touch each other. The crocodile usually rests for long periods of time but it acts very swiftly and with tremendous amount of strength when needed.

Marmāni

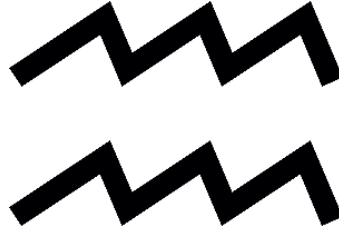
1. Ūrū 2: Put your arms alongside your body while standing and the point where your middle finger touches the outer aspect of your thigh is Ūrū 2. Some of its functions are:
 - Relieves knee pain and arthritis of knees
 - Helps with sciatica
 - Alleviates pain and neuropathy of legs
2. Jānu: Jānu 1 – at the center of the knee cap, Jānu 2 – on the back of the knee joint. Some of their functions are:
 - Relief from arthritis of the knees
 - Increases the range of motion of the knee joint
 - Helps with pain, edema or neuropathy of legs

Meditation for Moon in Capricorn

Sit in a comfortable position. Close your eyes. Focus on your breath.

Our knees carry the weight of our body. Imagine that your knees are so strong that you can carry the entire Universe. You have the strength to persevere. You are strong like Earth. Yet you can move swiftly towards your goal. You make things happen. You are practical. Now let go of all your load. Let go of all the baggage you have been carrying all your life. Laugh out loud like a child. Laugh from your belly. Roll on the floor laughing. You are a happy baby. A laughing Buddha. You are being taken care of by the Universe. Enjoy this peaceful, light and joyful state.

AQUARIUS (Sign #11)



Description of Aquarius

- Element: Air
- Doshā: it is the most Vāta sign of the zodiac
- Mode: Fixed sign (very stubborn)
- Planetary Rulers: Saturn and Rahu (excessive air element, very social)
- Body Parts: Calves, Ankles
- Symbol: a man pouring water out of a pot

General Qualities

Aquarius rising people are free-spirited, group-oriented, natural teachers, avid learners, humble, eccentric, highly philosophical, geniuses, can pull ideas out of thin air, service-oriented, love mountains, progressive thinkers, open-minded, innovative, metaphysical, unconventional, humanitarians, have a strong sense of friendship and community, detached, independent, selfless, devoted, self-critical, stubborn and tend to procrastinate. They really like to have it their way.

Lesson for Aquarius: Learn to stay grounded, stay connected to Mother Earth.

Famous people with Aquarius Rising: Sri Ramakrishna, B.V. Raman.

Practices for Aquarius Rising

General Styles / Recommendations

- Grounding poses.
- Meditative movement, slow flow.
- Yoga provides an avenue to overcome melancholy.
- Naturally gifted to teach Yoga.
- Bhakti Yoga.

Mantra for Aquarius Rising

Simple Mantra:

ॐ शनये नमः

Om Shanayè Namaha

Beej (seed) Mantra:

ॐ प्रां प्रीं प्रौं सः शनये नमः

Om Prām Prim Praum Sah Shanayè Namaha

Āsana

1. To stretch ankles, as they are the body part ruled by Aquarius, and it is also grounding: Mālāsana (garland pose).
2. Aquarius needs grounding and loves the mountains. Rolling up and down on feet for flexible ankles and strengthening of calf muscles: Tāḍāsana (mountain pose).
3. To address the tendency to feel lonely and melancholic: Heart openers like Bhujāṅgāsana (cobra) - which is also grounding.

4. To strengthen ankles: Uttkatāsana (chair pose).

Mudrā

1. Pushān Mudrā. Right Hand: The tips of the thumb, index finger, and middle finger touch each other, other fingers are extended. Left Hand: The tips of the thumb, middle finger and ring finger touch each other, the other fingers are extended. Accepting and receiving from one hand and letting things flow out with the other. Aquarius sign symbolizes flow.
2. Vāyu Mudrā (Air Mudrā): Bring the tip of the index finger of both hands to the base of the thumb. Press the thumb on the middle phalange of the index finger, extend other three fingers. This mudrā balances the air element and is very grounding.
3. Prāna Mudrā: Touch the tips of thumb, ring finger and little finger. Index finger and middle fingers are kept straight. Palms facing upwards. To calm strong Vāta energy normally associated with Aquarius sign.
4. Shani Mudrā (Saturn Mudrā). Touch tip of thumb with tip of middle finger of both hands. Extend other fingers out. Gives discipline, patience and perseverance. Saturn rules Aquarius.

Marmāni

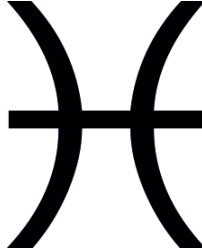
1. Gulpha, 2 points: A little behind and below the outer and inner ankle bones. Both points are activated when sitting cross legged in meditation and are contraindicated in pregnancy. Some of its functions are:
 - Helps with arthritis in ankles and edema due to it
 - Relieves cold feet
2. Pāda Charana: On the frontal aspect of ankle, between two large tendons. Some of its functions are:
 - Relives pain in ankles
 - Alleviates edema of ankles due to arthritis

Meditation for Moon in Aquarius

Sit in a comfortable position. Close your eyes. Focus on your breath.

You are reaching out to millions of people, touching them, communicating with them and helping them. You are discovering and inventing new things to help the suffering humanity. You are truly connected with the higher realms. You are not of this world but are very much rooted in this world. Standing on Mother Earth, you are stable and grounded. Imagine you are growing roots under your feet. Pass on any tensions and fears you are carrying through these roots to the center of the Earth.

PISCES (Sign #12)



Description of Pisces

- Element: Water
- Doshā: Kapha
- Mode: Dual sign (very flexible)
- Planetary Ruler: Jupiter (they share wisdom freely)
- Body Parts: Feet
- Symbol: two fish going in opposite direction
- Venus is exalted / strong in Pisces (intuition, gentle, loving)
- Mercury is debilitated / weak in Pisces (no book-keeping, not calculative)

General Qualities

Pisces rising people have a strong Kapha disposition. They are idealistic, romantic, dreamers, travelers, very intuitive, introspective, philosophical, spiritual, mystical, sympathetic, kind, selfless, sensitive, emotional, empathetic, shy and creative.

Lesson for Pisces: Do selfless service but do not get drowned in other people's sorrow.

Famous people with Pisces Rising: Anandamayi Ma, Rabindranath Tagore.

Practices for Pisces Rising

General Style / Recommendations

- Center yourself, be in the present moment.
- Be aware of your body.
- Flowing Yoga practice near water is very enjoyable.
- Feet, the body part ruled by Pisces, are the foundation for so many poses.
- Foot massage is great for Pisces.
- Commitment to regular practice is very helpful for spiritual growth.

Mantra for Pisces Rising

Simple Mantra:

ॐ गुरवे नमः

Om Guravè Namaha

Beej (seed) Mantra:

ॐ ग्रं ग्रीं गौं सः गुरवे नमः

Om Grām Grim Graum Sah Guravè Namaha

Āsana

1. The pose of the sign: Matsyāsana (fish pose) – swimming in the sea of consciousness.
2. Due to abundance of water element and Kapha doshā, they will enjoy flowing practices: Chandra Namaskār (Moon Salutation).

3. A steady stand as well as a feeling of lightness in this dancing pose can be very enjoyable: Natarājāsana (Dancer pose).
4. Moving feet to warm up before practice.

Mudrā

1. Kshepana Mudrā (gesture of pouring out and letting go): Place index fingers flat against each other, interlock rest of the fingers. Cross thumbs. Palms are not touching each other. Index fingers point towards your feet. Removes negative energies we may pick up from others. Pisces people may have a tendency to drown in other people's emotions and sorrow.
2. Linga Mudrā: Interlace your fingers one thumb pointing upwards, wrapped by thumb and index finger of the other hand. Increases fire energy in the body. Pisces people tend to accumulate weight and are prone to blood sugar imbalances.

Marmāni

1. Pāda Charana: On the frontal aspect of ankle, between two large tendons. Some of its functions include:
 - Helps with cold feet due to poor circulation
 - Improves pain, tenderness and swelling in feet
2. Pāda Madhya: In the center of the sole of the feet. Some of its functions include:
 - Provides grounding
 - Alleviates cold feet and pain in feet

Meditation for Moon in Pisces

Sit in a comfortable position. Close your eyes. Focus on your breath.

Imagine you are an Ocean. You are vast. You are deep. You are calm. Very calm. Yet powerful. You have immense wisdom. You share all your wisdom and all of your possessions with other people freely. Just like an Ocean shares its waters. You can dissolve sorrow of countless other people, yet you remain unaffected. You are a lotus in the mud. Always pure. Always unaffected. You receive messages in your dreams from the other side. You travel the world to help humans and animals. Your intuition is as deep as the Ocean. The two Gurus Jupiter (Guru of the Gods) and Venus (Guru of the demons) are always protecting you. Pure waters of the Ocean are washing away your as well as other people's sufferings.

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