

DISCOVERING YOUNIVERSE

THE MISSING LINK BETWEEN JYOTISH AND SPIRITUALITY

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Preface

om̐ ajñāna-timirāndhasya
jñānāñjana-śalākayā
cakṣur unmīlitaṁ yena
tasmai śrī-gurave namaḥ

Before I start this book I wish to bow down to my Satguru, Paramahansa Sri Swami Vishwananda, as without Guru's blessing no work can be complete. I also wish to express my gratitude to all, who have contributed in any way to this book, especially to my husband, Govindadas, who made a beautiful design for it.

This book is an effect of a long research and long *sadhana* that was performed to understand the true connection between the forces in our outer universe and the anatomy of our inner universe. I started to write it down on the day of Mula nakshatra in the month of Chaitra, and completed on the day of Punarvasu nakshatra in the same month, on auspicious day of Ram Navami and the last day of Chaitra Navaratri, the nine nights of Divine Mother. Interestingly, there are only three nakshatras in the whole zodiac, which are ruled by goddesses. One of them is Mula, another is Punarvasu. I have no doubt that this book could get manifested only due to the blessing of Divine Mother, as She herself is the *Shakti* behind the outer universe, and the *Shakti* of our inner universe.

The knowledge, which you will find in this book is sacred and it is not only to be read, but also to be meditated on. I hope you will find this journey inspiring.

Achala

Chapter 1

How Universe Became You-niverse

“Time is the influence of God.”

- Srimad Bhagavatam

The story of universe is as old as the story of time. Space is barren without the influence of time. Yet, what exactly is time and how exactly is it defined?

In Vedas, time is called the glance of God. It is believed that when God casts His glance at neutral matter, it becomes agitated and set into motion. This motion, the movement in itself, is what defines time. If an object is about to move from one point in space to another, the length of this process will be called time.

Time is in constant movement. We can stand still in space, but we can never stand still in time. Yet, the perception of that movement will always be relative, depending on our perspective – namely, depending on what will you take as your reference point. All of us have learned in school a simple example of time dilation: if one person is standing and another is running, the clock of the person, who is in movement would go slightly slower.

Hence, our perspective of time has a direct influence on it. Like a glance of God influences the world of matter.

From physics we can also learn that time is affected by gravitational fields. Massive objects bend the space-time fabric causing light to change direction. This is because of gravitational time dilation, which indicates that time runs slower near the massive object and faster away for a third party observer.

And what gravity has to do with you, you might ask?

More than you think.

Same reality – different perspectives

Now, when you know, that time is relative and it depends on our perspective, as well as on gravitational forces, the good metaphysical question would be: from which perspective *do you* perceive your own space-time called life?

Or, to be more precise: what exactly affects your perception?

Same situation happening to two different persons can have for them two different meanings, awaken many different emotions and trigger a completely different chain of actions and reactions. The different angle of the glance of the Creator within us is what makes all the difference. Each of us perceives this vast universe of infinite opportunities in totally different manner, and according to our own perception we attract its exact manifestations into our lives.

But did you ever ask yourself, *how* exactly does it happen? What is the cosmic mechanism behind it?

The science of Jyotish has a good answer to that question.

The Cosmic Clock

Think of our solar system as a gigantic Cosmic Clock with the Sun at its centre. There are countless combinations of possible formations in which planets can be located in reference to one another - hence no moment in time can be the same as the other. All planets, including our Earth, are connected to the Sun by the gravitational forces and rotate around it, once originally set into motion by the Primordial Consciousness.

From perturbation theory we learn that each planet influences one another. Some planets have bigger influence on each other, while the influence of others is smaller. Sun is the source of life on the planet Earth, so its influence on our planet is quite obvious. The Moon has a very strong effect on the water bodies on our planet, and the very rotation of our planet, as well as it directly affects our mood. When it comes to planets, however, physicists would say, that they have a minimal, almost negligible effect on tides on Earth.

Yet, these “negligible” planetary influences are essential in the science of Jyotish. Sometimes an influence, which fails to affect the physical world, can have a tremendous influence on our consciousness.

The nature around us, as well as our bodies, is made of five gross elements: earth, water, fire, air and ether. The more condensed is the element, the stronger force is needed to move it or cause any change in it. The lighter the element, the more sensitive it is, even to the smallest influences, and the easier it is to shape it. Beyond those five gross elements there is one more factor according to Vedic tradition: the consciousness - the sixth element and the subtlest of all.

Although the subtle gravitational pulls of other planets have surely no influence on our physical bodies (besides the Moon and the Sun, of course), their celestial influence in an obvious way affects our consciousness. Whether this energy is truly a gravitational pull affecting our consciousness or rather a more refined, spiritual energy, working on a more subtle level, that is a topic for discussion. Yet, alignment of the Cosmic Clock in each moment of our life surely affects us in a very tangible and measurable way.

Vedic astrology is the science of measuring these cosmic influences and their manifestations in our consciousness and the world around us.

It all starts within

Now, if somebody would tell you, that a gravitational field of Jupiter, which is so minimal, that barely even taken into consideration in physics, have a direct influence on the quality of your marriage, that would sound rather ridiculous, wouldn't it? It was always fascinating for me, how most people just take for granted the fact that the planets are influencing our lives in a very tangible way, but very few ask the essential question: *why?* How is it working?

It all starts within us. On a subtle, energy level, there is one sacred energy channel parallel to our spine, through which the cosmic life force, called *prana*, is received into our body and distributed into different directions, according to our state of consciousness. Within this channel there are six sacred energy vortexes, six energy stations with their own antennas for receiving the signals from the universe, as well as sending them. These six energy centres correlate to five grosser elements and the sixth element, the consciousness.

They are called *the chakras*.

Anatomy of the you-niverse

Our subtle body is made of countless subtle energy channels, through which the cosmic life force, *prana*, is distributed throughout the different areas of our body and mind. These energy channels are called *nadis*. The main *nadi* in our energy system, which is called *sushumna*, "the subtlest", starts at the base of our spine and leads straight to the cranium, where the cosmic energy enters us and sustains us. This sacred seat of our soul on the top of our head is often represented as a lotus with thousand petals and thus is called *sahasrara* – "the one with thousand rays".

This sacred seat of consciousness is often misinterpreted (and disrespected, in a way) in Western tradition by being called the seventh chakra. In fact, when you look into Vedas, from which the chakra system had emerged, you would be surprised to see, that no Upanishad says about seven chakras. All of them are talking about six chakras and the ultimate seat of consciousness, *sahasrara* – yet, *sahasrara* is not considered the chakra, but rather the seat of the Soul itself.

When the pure light of consciousness, pure cosmic energy enters into a human being through *sahasrara*, and travels down the sacred *sushumna nadi*, it firstly gets “filtrated” by *ajna chakra*, the third eye chakra located between our eyebrows – the chakra of consciousness. Then it descends into *vishuddha chakra*, throat chakra, representing the element of ether. Then it gets distributed further into the heart chakra and element of air. Similarly, it passes down through *manipura chakra* and element of fire, *svadhishtana chakra*, the element of water, until it reaches the root chakra and element of earth.

The more this pure cosmic energy travels down the *sushumna* channel, the more it gets diluted and condensed, as it is assuming the qualities of particular elements on its way. Meaning: the further down it is travelling, the more gross and tangible for the senses it becomes.

So how the planets influence our chakras?

This is the point, when it starts to get interesting.

When I started to study the influence of particular planets, zodiac signs and nakshatras on our chakras, I had no idea about all the revolutionary discoveries that will appear on my way. I had no idea, where my research will take me. But the journey turned to be far more exciting, than it seemed in the beginning.

It all started with the discovery that Sri Yukteshwar, the guru of Paramahansa Yogananda, has made, by connecting each planet in Vedic astrology to one chakra in our body – thus connecting the microcosm with the macrocosm. In fact, you could imagine your whole subtle body as a miniature of our solar system. According to Sri Yukteshwar the celestial vibrations of each planet resonate with the frequencies of the chakras they are connected to, and thus amplify a certain quality within us. Similarly like pure consciousness is filtered through our chakras, the cosmic influences of the planets are filtered and channelled through them, too.

Now, it is important to note, that chakras are also subtle karma storages within our energy bodies. Whichever action you have made, whichever thought you have thought, whichever word you have said... Namely, whichever *frequency* you had sent into the universe throughout your countless lifetimes, it is all

stored there, in a form of the seeds of energy, which are waiting for their Divine time of germination. The influences of the planets on exact chakras are simply activating our karma in its respective time of fruition, by triggering the exact frequency to get manifested in our lives in this way or another. This process is similar to resonance in physics, when vibrating system or external force drives another system to oscillate with greater amplitude at a specific preferential frequency.

That is why influence of the great Cosmic Clock won't be the same on each one of us. We are all born in different moments of time, which reflect our different predispositions, different karmic luggage and different frequencies of our chakras. All of that can be seen in a natal chart of a person with the help of Vedic astrology. When you have the knowledge of how planets, zodiac signs and nakshatras are connected to the chakras, this is where astrology begins to be really interesting.