

Intro to Ayurvedic Astrology for Self-Discovery Curriculum

Preparation for Class:

<https://www.galacticcenter.org/birthchart-calculator>

Print charts of family members along with your own and bring to class.

Download Cosmic Insights App.

Bring a notebook and pen to draw charts.

Discover your Nakshatra at <https://www.vinaybajrangi.com/nakshatras.php>

Review the PDF manual sent to you via email.

Sept 7th

7pm-8pm: Introductions & Gratitude Prayer.

Definition and history of Jyotish and its connection to Ayurveda.

Discover your personal nakshatra and ascendant/ruler.

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Three Pillars of Jyotish: transits, internal cycles (dashas) and natal charts.

8pm-9pm: Review Dr. Lad's Medical Jyotish Webinar Notes Part 1.

Homework: Research your nakshatra and present 3 reasons you can relate to the accuracy of your nakshatra. Share the symbol and the story of the nakshatra (short version).

Sept 14th

7pm-8pm: Ayurveda: Principle of Opposites: Science of Longevity.

8pm-9pm: Review Dr. Lad's Medical Jyotish Webinar Notes Part 2.

Meet the planets as people and how they move in your chart.

(Counterclockwise counting and all aspects)

Student presentation of their personal nakshatra research (if we have time)

Homework: Why does your Jyotish Ascendant describe you better than your sun sign? Write 2 short paragraphs and be prepared to share with the class.

Sept 21st:

7pm-8pm: Review Ayurveda Revolutionized: Seven Ayurvedic attributes (gunas) based on medical astrology.

Discover the Preponderance of The Five Great Elements in your chart.

8pm-9pm: Dignities of the planets: Bhava Vichara.

Practice reading each other's charts.

Find the ruler.

Find the dasha.

Find the house the dasha it ignites.

Find the transits.

Apply them to your chart.

Student presentations (if we have time)

Homework: What is your flattest tire (planet) on your bus of life and how has it expressed in your life? Write 2 short paragraphs and be prepared to share with the class.

Sept 28th:

7pm-8pm: The Four Aims: Artha, Dharma, Kama, and Moksha.

How many planets do you have in these four aims?

Discover your personal doshic diet and lifestyle including essential oils, acupuncture, yoga, colors, and homeopathy.

8pm-9pm: Mini Ayurveda consultation demo.

Student presentations (if we have time).

Homework: 2 paragraphs on how the dosha diet and lifestyle might transform your life. What are your health goals? Share via email with everyone.

Oct 5th:

7pm-8pm: Navatara concepts and charts

Design a Navatara chart for a loved one and observe the compatibility.

Share with the class.

8pm-9pm: Review planetary enemies/friends' charts, exaltations/debilitations charts, house conditions, medical astrology graphs.



Student homework presentations (if we have time).

Homework: Who and how many people have you recategorized now that you know the Navatara charts and 'Green Flags for People in Your Life' chart? See the Classification of Friends & Family.

Oct 12th:

7pm-8pm: Research Mantraji's Transits Chart. according to our individual nakshatras.

Planets as people—Student enactment show.

8pm-9pm: Demo Jyotish reading.

Student presentations (if we have time).

Homework: 2 paragraphs on what is your strongest tire (planet) on your bus of life and why?

Oct 19th:

7pm-8pm: Create your own Bhrigu astrology chart.

Rectification for accuracy: Find the year of a significant event and share with the class and share findings.

8pm-9pm: Planetary yogas and their meanings.

The navamasha chart for health.

Student presentations (if we have time).

Homework: Make your own chart of the planetary debilitations, exaltations, friends, and enemies to put in your phone or tape to your desk in your office. Take a pic and share your chart with the class.

Oct 26th:

7pm-8pm: Full and new moon significance.

Eclipses and how to navigate them and use them for prediction.

8pm-9pm: Story of the nodes of the moon.

Q & A

Graduation celebration!