

# Intro to Ayurvedic Astrology for Self-Discovery



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## PEACE INVOCATION – A Prayer for Understanding and Clarity

This prayer is ideally intoned to begin teaching sessions, meeting, and other group activities. The vibrational energy of this chant purifies the auras of those who are chanting it, the material being reviewed or studied and the room in which it is being chanted.

--Krishna Yajur Veda. Taittiriya Upanishad 2.2.3

### Sanskrit:

Aum saha na vavatu  
Saha nau bhunaktu  
Sahaviryam karavavahai  
Tejasvinav adhitamastu  
Ma vidvishavahai  
Aum Shanti Shanti Shanti



### English Translation:

Aum, may we be protected  
Aum, may our intentions be pure  
May we pursue our studies with vigor and may they illuminate us.  
May there be only wisdom, learning, laughter and compassion among us today.  
Peace Peace Peace

## JYOTISH DEFINED

Jyotish, aka, Vedic Astrology, is the ancient divination system of India and considered the "Eyes of the Veda". Veda refers to the innate wisdom that exists in all living things. Jyoti means light or flame. Ish means god. Jyotish means lord of the light or science of light. Vidya means knowledge where science, magic and art merge. Jyotish Vidya is the study of all aspects of planets and luminaries – the Sun and the Moon, aka the queen and king of the galaxy. Jyotish Vidya (Astrology) is very useful for Ayurvedic Health Practitioners and Yoga Instructors as a resourceful, insightful adjunct to an Ayurvedic consultation or a more personalized yoga therapy practice. In fact, the best Ayurvedic doctors won't give a consultation without a glance at their client's Jyotish chart. It is applicable for the benefit of humanity from time immemorial and its roots can be traced to the origin of life through mythological, religious revelations and other sacred ancient texts. I believe the future of psychology, spiritual life coaching and all over forms of emotional/mental healing and counseling will use Jyotish as its foundation.

