

Yoga, Astrology and Relationship Workshop

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Introduction

Astrology is a system of divination that connects our transcendent soul nature to the concrete and tangible worldly life that we are living. When rightly understood Astrology is inclusive of everything. The myriad of human experiences is shown by the Astrology chart, including the profundity and complexities of human relationships.

Exploring relationship dynamics is no different than exploring the deeper mysteries of life. The concepts of yin and yang, masculine and feminine, are universal principles. The qualities of assertion and expression (masculine energy) are always being harmonized with the qualities of receptivity and reflection (feminine energy). This is not only in relationships, but also in life. When we look through the mind we perceive the world in a dualistic way, good/bad, night/day, life/death, etc. Upon close examination we can see this world of duality is in fact the same as the masculine/feminine dynamic. The pendulum of duality in our minds swings between these two forces.

According to the enlightened minds taught the world Yoga and Vedic Astrology, our lives on Earth unfold through four elements. The four elements are powerfully expressed in the Astrology chart through the astrological signs. The deeper truth however, is we are made of five elements. The fifth element, which is not confined just to this Earth, is the element of space (ether). Space extends into infinity. Space is the part of our being that is pure consciousness beyond the Karma of the four elements as shown in the Astrology chart and enacted in our daily lives. Regardless of what happens to us, ultimately we determine how it affects us, as we are a freely functioning consciousness. This freedom is also shown in the Astrology chart through the planets.

Male / Female Energy in the Astrology Chart

Even the most cursory look at a basic Astrology book will show the importance of masculine and feminine energy in life. There are two female and two male elements in the chart, each element is repeated three times through different modalities. (Cardinal, fixed, mutable)

The four elements in the Astrology chart from the densest to finest are:
Earth and Water (female) — Fire and Air (male) — LET'S LOOK DEEPER.

Earth shows our physical body as well as all things that are practical, useful, tangible and material. Our life unfolds through our physical body and its needs are the most urgent when they arise. The element of Earth will remain at rest unless acted upon by another force or object. Earth provides the tangible structure for which our life unfolds, but it may also be the stagnant quality that prevents our life from moving forward. Earth rules the sense of smell.

Water shows the flow of our senses into our environment and the deep emotional connections formed. Water is related to our feelings. Water and Earth together creates growth, in the form of plants. Plants provide food and sustenance for all creatures as well as oxygen for us to breathe. Water gives a connection to love and feelings, which gives rise to a caring heart and a compassionate life. Water rests upon Earth and nourishes it, just as the senses feed, and love nourishes, our body. Yet water may make us cling to fantasies, memories or emotions. Water rules the sense of taste.

Fire shows our passions, drives, motivations and digestion of all sorts. As water feeds the body, fire digests what it is fed. Earth and water creates plants; fire is hidden in the plants. Not only is food

digested, all information and sensory stimulation must be assimilated and digested. This process of digestion creates heat, warmth and light that illuminates our path; or this fire may burn us or others or create smoke that obscures our path. Fire rules the sense of sight.

Air shows our thoughts, philosophies and motion of all sorts. Fire disperses into the air, into the atmosphere. The food we eat, after its digested leads to movement of all sorts, both in the body and the mind. Air is related to the breath, the prana, the vitality. The motion of air can have a worthy goal and bring great understanding or it can be scattered and devoid of meaning by disturbing our peace of mind and emotions (Think of air creating waves on water). Air rules the sense of touch.

Space (ether) is related to pure consciousness, the witnessing self, which is not identified with the previous four elements. Space is the container of the other elements; everything exists in space. This is why we are able to perceive our thoughts, watch them move and witness them. If there were no space between our thoughts or no space operating behind them, from what vantage point would we be able to observe them? Space rules the sense of hearing.

Female Energy wants to stabilize, sensitize and nourish us, just like Earth and water. These qualities of life are fundamental to any actions that come later. If we're disconnected from our deeper feeling nature and our stable grounded connection to the Earth, our actions (as shown by the male signs) will lack sensitivity and meaning.

Male energy wants to assert, comprehend and protect, just like fire and Air signs. These qualities of life are necessary if we are to grow in truthful identity, strength and understanding. Lacking a clear purpose and consistent powerful actions, our life will stagnant and lack meaning.

People have all four elements within them, both physically and psychologically. Yet in relationships, women will generally have an affinity with earth and water traits, feeling more comfortable when energy is stabilized, sensitized and nourishing and when they can use their heart to feel into a situation. Men will generally have an affinity with fire and air traits, feeling more comfortable when acting, protecting and using their mind (intellect) to rationally understand the world. This dynamic is also relevant same-sex couples, where the more domestic partner embodies the female Energy, the more career-oriented partner embodies the male energy.

These powerful gender types come together in a relationship and either work for or against it as we will explore.

Man and Woman – The Sun and the Moon

Even though we have evolved culturally, with equality between the sexes in the workplace, etc., males and females (or their archetypes for gay couples) still function according to a certain gender pattern in relationships. First we need to be confident in that gender identity, only then can we relax into the opposite and learn from our partners. Of course we all must be happy with ourselves individually before we are able to have positive experiences in relationships. Before that time we will project many negative traits of our gender.

The Vedic Sciences, which include Yoga, Ayurveda and Astrology have long known the relationship to our inner and outer environments and the impact and interrelatedness of both. Central to this

interrelatedness is our relationship with other people, and primarily our partner. Vedic Astrology has been helping couples relate in empowering ways for thousands of years. The Archetypes of Male and female are shown in Astrology as the relationship between the Sun and the Moon.

CH.3 Brihat Parashara Hora Sastra:

23. *Description of Surya. (Sun) Surya's eyes are honey-coloured. He has a square body. He is of clean habits, bilious, intelligent and has limited hair (on his head).*

Mantra: Om Soom Suryaya Namaha

24. *Description of Candr. (Moon) Candr is very windy and phlegmatic. She is learned and has a round body. She has auspicious looks and sweet speech, is fickle-minded and very lustful.*

Mantra: Om Cham Chandraya Namaha

Attribute	Sun (Man)	Moon (Woman)
Body	Square	Round
Process	Intelligence	Knowing
Looks	Honey colored eyes	Auspicious looks
Constitution	Bilious (fiery)	Watery and windy
Habits	Clean	Lustful
Other	Limited hair on head	Sweet speech
Action	Consistent	Fickle minded
Direction	External	Internal

These attributes are very powerful - The Moon is the most changeable of all the planets, different everyday. The round body of the Moon shows the woman's changeability. She is susceptible to rolling here and there, depending on which way the wind is blowing or other environmental conditions. She is fickle minded. The square body of the man reassures her. A square is solid and not so easily moved, thus when she is rolling around she would like to knock into a solid surface. Yet this changeability also makes for her creative and adaptable, which helps the man not stay so fixed so as to become rigid. The woman's auspicious looks, attracts the man's honey colored eyes. Women want the man's attention and like attract it. Men like to look at women. The woman's sweet speech and knowing attracts and supports the man's intelligence — (knowing is of the heart - intelligence of the mind)

The male would like to follow a consistent and purposeful course through life, one of clarity, truth and protection. Just think of the Sun rising everyday, giving life and lighting up the world, feeling responsible for life, knowing that if he stopped shining all of life would end, seeing all of the other planets revolving around him wanting his light. As such, men would like to embody this - power, responsibility, duty, clarity, self-assuredness, confidence. When he is not able to live in accordance with these ideals the man will suffer. The Sun shows how men are the most comfortable with thought and action. **Key: When men do good things, they feel good**

The female archetype follows the Moon it is one receptivity, creativity, flexibility, beauty. It is the Moon, through regulating the oceans and weather patterns here on Earth that has allowed the light of the Sun to produce life and creatures to experience the beauty of creation. The Moon is the most beautiful object and the full Moon sends us to the brink of love's madness, passion and reflection. Women are most comfortable with feeling and reflection. As such the woman wants to be powerful in her receptive feminine nature. When she is not able to live in accordance with these ideals the woman will suffer. **Key: When women feel good, they do good things.**

These are essential truths, stripped of artifice and modern political correctness. It is from this

deep place that true understanding can support our gender strength. It is only from a position of strength that a sensitive man can truly be sensitive (not clingy and dependant) and that a woman can be strong (not covering her fears with aggression).

Each gender ultimately seeks to assimilate attributes of both male and female; but until our essential nature feels secure and validated in partnership, we will not be able to relax and evolve toward our opposite. We all want to merge with that opposite energy, to assimilate the qualities inspired by our opposite and to inspire assimilation in them. We all want to be free and unburdened of the responsibilities of the limiting qualities of our gender, but this unburdening must come from a position of strength, not confusion.

Positive male energy leads the man to his positively expressed female side. Positive male energy is self assured, consistent, protective, clear, courageous, taking inspired action. **Negative male** energy is domineering, self centered, unclear, uninspired, angry, powerless, over intellectual.

Positive female energy leads the woman to her positively expressed male side. Positive female energy is creative, flexible, loving, self contained, grounded, reflective, receptive, patient. **Negative female** energy is clingy, overly emotional, dependant, ungrounded, impatient, overly sensual.

Positively expressed male and female energy looks very similar to each other. Yet many problems occur when from a weakened gender position, we act through it's confused opposite.

"Sensitive Man" and "Strong Woman" (both in need of an upgrade!)

Sensitive Man

Positive male energy stays consistent and purposeful in the midst of the storm of female emotion. The "sensitive" man who gets too involved with his woman's short-term problems may create as many problems as he hopes to solve.

Strong Woman

Positive female energy stays feeling centered and loving even in the midst of the man's temporary self-centeredness. The "strong" woman who tries to compete with the man may create as many problems as she hope to solve.

When male energy fails it is reassured by powerful female energy.

Ex: The man has been too busy to pay attention to the woman because of work etc. Negative female energy will say "You have been spending too much time working and with your friends, and your not taking care of our relationship, if you don't spend more time with me,.. etc" — The empowered woman will state "I miss you and I am afraid that we will drift apart because you are spending so much time working and with your friends, I love you but this is very painful."

BY the woman simply stating her feelings and remaining empowered she not only acts in accordance with her highest self (flexibility, love) she also gives the man (otherwise known as the big jerk) the opportunity to do the right thing, and pay proper attention to her. It is her DEVOTION to love that opens his heart, not her being tough, holding her ground, etc. Her criticism of him is saying, "your actions are

failing”, since men feel good when they do good, she is hurting him deeply and offending him deeply and ultimately pushing him away by challenging his actions. Also, her behavior leaves her filled with doubt about herself, because they are secondary. In truth, her female side is hurt and she is compensating for it with negative male behavior. When she sticks to her innate strength and trusts that remaining truthful to love will attract the right things in her life, she will not be filled with the doubt that accompanies being “strong woman”.

When female energy fails it is reassured by powerful male energy.

Ex: Woman has a bad day at work, she is talking up a storm, all emotional and starting to blame him for things that are not his fault, looking for problems etc. Negative male energy may say “well I don’t think you are right about this, you are not being sensible,” maybe you should try to just do this, etc. ” OR he will defend himself against exaggerations that she is directing at him. In other words he will approach it intellectually or try to do something about it. Powerful male energy will simply listen, then say “I am really sorry to hear this is happening and that I may have upset you too. We all feel a little out of sorts sometime, but you sure are beautiful and I really just want to hug you.” (or just embrace her / do something to break up the moment and take her out of her emotions)

The woman does not want the man to “fix her” and get hooked into her momentary problems, that just makes her feel worse, because now not only is she upset, but now she has upset him and caused a fight in the relationship. She wants to FEEL BETTER and not feel like a basket case. The more the “sensitive man” gets pulled into it, the worse she will feel. His consistency, clarity, humor is the most sensitive thing he can do, in other words to be a powerful man, like the Sun. By the man feeding the emotional imbalance through arguing or advising he is subtly saying “your feelings are a problem”, which makes her act worse and effectively makes her withdrawal from him, because she will not trust that he has the strength to endure her moments without making them worse. Also, his “sensitive man” / negative female side is filled with doubt because he is not being truthful to his strength, which is to be consistent and inspired rather than being knocked off course by being dragged into emotional dramas. He can trust this powerful action more than trying to sympathize with the ever-changing emotions of the woman.

Returning to the Body Shapes.

The woman is like a ball, rolling around, she wants to bang up against a solid strong man who will not be knocked around by her emotions. This makes her feel better and less like a crazy woman with emotional problems.

The man is like a square, carrying burdens feeling responsible and trying to do the right thing. The flexibility and reflection of the Moon increases his sensitivity to things in the world other than his self-important actions.

The Moon Sign

The Moon is the most important planet for determining the psychological and emotional affinity between two people. It represents our childhood and what is most familiar and comfortable to us. That is why we will seek a painful relationship if we had a painful childhood. The condition of the Moon’s of each person is important. There are many Moon Yogas that determine the psychological processing within each person.

Vedic Astrology not only uses the planets in our solar system when delineating a Birth chart, it also uses the distant stars, called Nakshatras. Nakshatras means Lunar mansions, but actually each planet in a Vedic Astrology chart is in a sign, a house and a Nakshatra, but given the exalted status of the Moon

in Vedic Astrology, for reasons mentioned above, they are called “Lunar Mansions.” There are 27 Nakshatras, stars that host the Moon every day as it orbits the earth. It takes the Moon 27 days to do so, thus each day it enters a new Nakshatra. The deeper psyche of each person is shown more by their Nakshatra than anything else. Matching the unique qualities of these 27 archetypes are what much of Vedic Astro-Compatibility is about.

The Kuta Point System

Vedic Astrology uses a point system that mathematically calculates the personal traits of each person’s Birth Nakshatra.

Preliminary factors:

***Vedha** - Obstruction - a terrible blemish -

***Rajju** - Rope - binds a couple to misfortune –

***Strii Deergha** – Shows the distance between the Moons. The Shortest distance should be from the Man’s to the Woman’s Moon.

***Kuja Dosh** – Mars affliction – Should be matching or the woman with lower Kuja dosha factors.

The Kutas are:

***Nadi** - Dosh - Balance in emotional element – there is windy, fiery and watery nadi – If a couple have the same nadi there will be an excess of that element. Air=intellect – Fire =anger – Water=emotion. **8 points**

***Bhava** - Sign - Friendliness of Moon Sign Aspect - Whether there is similar / supportive mental outlook. **7 points**

***Gana** - Temperament - God, Devil or Human temperament – Best when the woman has the higher temperament. **6 points**

***Graha Maitram** - Friendliness of Moon sign Lord – Shows a similarity of interests and an ease of personal styles. **5 points**

***Yoni** - Sexual and deeper urge compatibility – Shows the capacity to bond through intense experiences, like sex or after arguments – or sex After arguments ☺ **4 points**

***Tara** - Important for the Woman to feel cherished - **3 points**

***Vasya** - “Dutiful” - special inner connection – **2 points**

***Varna** - Caste - relates to the station in life – **1 point**

***Mahendra** - another special connection – means great lord.

Other Planets

Other planets are also important when considering compatibility of a couple. Individual Planets in each person’s chart are very important. For example, if one or both has a combust Venus (too close to the Sun) they will usually have difficulties feeling cherished and respected and become angry about it, thus disrespecting the other and in the process bringing the feared disrespect upon themselves. Combust Mercury will make the person insecure about asking for what they want in a healthy way. Of course these things will present problems in relationships. When combined with other planetary configurations (see the link below) the results are very accurate.

But Also important is the Navamsa chart (D-9) and the AK (Atma Karaka) of each person in the D-9. Planetary dasas for each person also must be considered. The dasa are periods that show which karmas are the most important to us at any given time.

Here are a few examples of how other planets show the affinity between couples. Note that

friendly associations, mainly trines (houses 5 and 9 from each other) and Conjunctions (in the same sign in both charts) are the best aspect. Also favorable though is 3 / 11 association.

Sexuality:

Mars and Venus - Mars projects - Venus receives. Mars gives the strength, courage, and power to conquer. Venus gives beauty, charm and refinement to attract.

Thus, Venus is (generally) the most important planet for a woman's sexuality because it is the power to ATTRACT.

Mars is usually the most important for sex appeal for men because it is the power and force to PROJECT sexuality.

Of course women also project (Mars) and men also receive. (Venus) In couples where the Sexual vibe is very strong there will be conjunctions of Mars and Venus or they will be in friendly placements like trines, etc.

Soul connection:

Sun / Moon conjunction or friendly aspects have to do with deeper soul connections - So it is possible to see if a relationship is based more on Sexuality or on a Soul connection by seeing which bond is stronger - Mars / Venus or Sun / Moon -

Spirituality:

Jupiter is important for Spiritual connections - Jupiter / Moon conjunctions or Jupiter's in aspect to each other or aspecting each other's Moon or Spiritual planets. Also the 9th lords in each other's charts in friendly association will show a Spiritual bond. Especially true in this sense are Spiritual factors in the Navamsa.

Communication:

Mercury's should be in friendly positions with each other. Mercury conjunctions or conjoined or aspecting Jupiter or other Planets show good communication. The Moon is also important for Communication. Synastry (conjunction over 2 charts) with Mars or Saturn and Mercury can be very harmful.

Fighting and Problems:

Mars, Saturn and the Nodes will be the most important planets for fighting. Many times if there is anger and hostility, Mars will be in an unfriendly aspect or conjunction to another's Moon, Saturn, Venus or perhaps Mercury or Jupiter. Also Saturn can make for a feeling of inhibition and feeling disapproved of. Especially Saturn / Moon conjunctions. Ketu makes a person feels criticized. Rahu can lead to situation becoming blown out of proportion. The Sun can make for a Domineering quality.

Here are a few likely patterns:

Mars / Mercury - hostile communication

Saturn / Mercury - inhibited communication

Mars / Jupiter - Fighting over Spiritual / Ethical issues, exaggerated problems

Saturn / Jupiter - Suppressed Spirituality, dampened enthusiasm

Rahu / Mercury - inconsistent or exaggerations in Communication

Ketu / Mercury - Overly Critical communication

It is also possible and less desired that malefics influence each other badly. This can bring out undesirable traits in one or both partners. Such as:

Mars / Saturn - Aggravation, lack of discipline, cruelty

Mars/ Rahu - hostility, excessive self will, violence
Saturn / Rahu - excessive fear, anxiety and stress
Ketu / Mars - explosive anger and criticism
Saturn / Ketu - depression, reclusive behavior, fear

A good Astrologer can also see who is the (likely) dominant by seeing which male planet (Sun or Mars) is stronger. Who is projecting and who is receiving. Often times if the female is in the dominant role there will be problems with arguing as she is feeling neglected because she must initiate and man is feeling nagged, because she is always asserting. The *'what do you wanna do tonight'* argument, that descends into a spiral of madness has it's origin in this problem.

