YANTRA: THE YOGIC SCIENCE OF NUMBER, NAME AND FORM

In the Rishiculture Ashtanga Yoga or Gitananda Yoga Paramparai there are three important sciences, namely Mantra, Yantra and Tantra. Yantra is the mystical science of number, name and form and is a method by which one can live to learn “in tune” with the cycles of the universe rather than be “off tune” with those very cycles. According to the Yantric concept as taught by Yogamaharishi Dr Swami Gitananda Giri, each number has a special quality to it and is not merely a measure of quantity as is usually presumed. Every aspect of life goes through a phase of Nines. This phase may be nine years, nine months, nine weeks or even nine days. This concept can be further extended both ways to go up to nine milliseconds on one hand and nine lifetimes on the other.

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<tr>
<th>Birth - 27 Years</th>
<th>28 - 54 Years</th>
<th>55 - 81 Years</th>
<th>81 Years - end of life</th>
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<td><strong>Educative period</strong></td>
<td><strong>Productive Period</strong></td>
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<td><strong>BRAHMACHARYA</strong></td>
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<td><strong>VANAPRASTHA</strong></td>
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<td><strong>Month</strong></td>
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<td>December</td>
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KARMA YUGA

The evolutionary phases of the five Tattwas are an inherent natural cycle that manifests in all human endeavors. By understanding these cycles we may go with nature rather than against the tides of time, thus fulfilling ourselves in a positive logical way rather than haphazardly. This cyclical pattern duplicates the agricultural cycle of SOWING (three phases), CULTIVATING (three phases), and HARVESTING (three phases). On the wheel of life, these nine distinct phases are found to exist in a nine cycle of time. This cyclic progression of time is known as the Karma Yuga and the different phases are:
1. Seed planting time (The start of a new cycle).
2. The germination or sprouting period (Nurturing through association).
3. The period of manifestation and expression (Tender shoots emerge)
4. The testing period (Plant braves the elements)
5. The period of rapid growth and change (emergence of new branches and leaves)
6. The budding, procreating and decision making period (Buds appear)
7. Period of blossoming and rest from labour (Flowering)
8. Time of fruition and reward for labour (Fruits appear and ripen)
9. The harvest (Pods open dropping seeds)

**PHASE ONE: SEEDING - BEGINNING**

We reap only by first sowing. A very active, positive period in which a start may be made on fulfilling cherished ambitions or starting a new venture or pattern of living influencing the next eight years of your life. Constructive effort is required in this period as nothing in life is obtained without effort. Nature, during the one cycle, is urging you to seed your life deeply and well. The Karmic seeds sown at this time should not be torn up or allowed to wither and die in the FOUR or testing phase. Aggressive energy and optimistic outlook prevails under
this cycle. Lay the foundations and “leave no stone unturned” if you wish to fulfill your ambitions. This phase is related to the earth element and the key words and phrases are seeding, ploughing, establishing a foundation, commencing, putting a plan into action, inaugurating, instigating, launching and starting anything new or anew. It is important to remember that, “As you sow so shall you reap” -Galatians 6:7.

PHASE TWO: GERMINATION – PARTNERSHIPS AND ASSOCIATION

A neutral time designed to allow you to consolidate your efforts from the ONE cycle, particularly through contacts both social and business. This is the period for mixing and meeting, sharing ideas with others and entering into relationships. The dominating theme is furtherance of projects through sociability and enlisting the help of others. This is an ideal influence for negotiating “win-win” situations. Be careful about a tendency to procrastinate. This is not as active a period as the ONE cycle but along with the seeding time constitutes an opportunity to ensure that the infra-structure is firmly in place thus ensuring future success. The water element is associated with this period and the key words and phrases are fertilization, germination, irrigation, project acceleration, associates and networking, relationships and organizing the ‘farm hands’ for co-operative work.

PHASE THREE: MANIFESTATION – EXPRESSION AND CREATION

The first half of this period is very positive and creates a feeling of great promise inducing optimism. All changes in your plans or business are best materialized by July of a 3-cycle year. The keynote is to preferably ‘save and sell’ in the first half of the period but do not invest or purchase in the latter half. Be careful not to overextend yourself, as you are apt to experience the year ending with a disappointment or a feeling of “burnout”. After July 18th of this year you enter into an 18-month testing phase where inherent weaknesses in business, health or personal relationship may be forced into manifestation. Practicing Yoga, meditation, relaxation and self-hypnosis will make it easier to dig in and survive the latter half of the three phases and the following year of potential stress conditions. The fire element is associated with this period and the key words and phrases are sprouting, ‘trial by fire’, creativity, optimism that should fall short of frenzy leading to ‘burnt fingers’: or over-
confidence leaving you unprepared for ‘drought’ and transformation as well as transmutation.”

**PHASE FOUR: “WEATHERING” – KARMIC EXAMINATION**

This is a period of stress during which Mother Nature applies, “survival of the fittest” as a basic Karmic law. We cannot avoid the testing phase that establishes our will and perseverance as worthy of our ambition. Relationships, educational plans, and finances are placed under tension during this period and particularly for those who do not practice stress reduction. If we succumb during this testing by nature and abandon projects we started while in the ONE cycle, new projects are very apt to fail also. Practice relaxation, pay attention to technical detail and avoid any drastic changes of plan or ‘spur of the moment’ decisions. Reduce tension by spas, autohypnosis, massage and meditation. Simply “Be-A-Ware” and “Careful” i.e. “Full of Care”. Just as an agricultural crop may be tested so also any human project is subjected to a testing period in the same manner. This is a time for emotional re-evaluation and attention to details. Air is the element associated with this period and the catchwords and phrases are testing, drought, hail storm, plague, difficulties and paying attention to detail.

**PHASE FIVE: RAPID GROWTH – EXPANSION.**

A very positive cycle encouraging travel, expansion, and new ideas. A time to be progressive and be prepared to learn from experience. Possibility of a bitter lesson or two learned if we are overhasty in investments is however also present. Altogether a very active, constructive influence and one invariably leading to geographical or mental change. Efforts put forth in this cycle are important to the fruition period commencing in two years when the Karmic bread you have cast upon the water returns to you. Be constructive and innovative with ‘gusto!’ Akash (Ether or Space) is the element associated with this phase and the key words and phrases are rapid growth, profusion of sprouts, fresh starts and expansion into the limitless sphere of opportunity. The special gift of Ether is ‘re-birth’, the chance to begin the cycle afresh if you have experienced ‘crop failure’.”
PHASE SIX: BUDDING TIME – DECISION.

This is a neutral cycle that is concerned with family matters and business decisions. Effort must be put forward to settle indebtedness, re-finance if necessary and prepare for the accumulative conditions in the last third of the nine-phase cycle. The Procreative influence for a woman is strong as the SIX cycle induces conditions of natural fertility leading to positive conception. In business a tendency to worry about decisions and paying-out is the trend rather than rapid profit. Careful planning and monitoring will enable you to reap the harvest of the next 3 years. This cycle repeats the first four phases (Earth, Water, Fire and Air) in a modified or attenuated form. This inexorably leads to the ‘Harvest phase’, in which the ‘Fruits of the Earth’ are reaped. We are rewarded commensurate with effort put forth.

PHASE SEVEN: BLOSSOM TIME – BENEFICIAL SETTLEMENT

This phase has an introspective influence inducing sensitivity until July. There is an inclination towards introspection and contact with nature. It is a good time for writers and composers. The year gathers momentum after July 18th and any sluggishness you felt will tend to dissipate. This cycle is the Sabbath or resting phase in the first half and an appropriate time to recoup and restore yourself in preparation for the beginning of reaping what you sowed in the ONE phase. Collect any money owed to you in the latter half of a seven year. A beneficial settlement, often legal in nature will occur near the end of the period. For a woman it is an ideal time of marriage and within the family, an auspicious period for the birth of a child. This is an excellent time for meditation as well as spiritual and philosophical pursuits. It can be a rewarding and financially productive period, particularly if you have consciously applied the principles of Yantra Yoga during the last six cycle phases.

PHASE EIGHT: FRUITION – REWARD FOR LABOUR

Very positive business year in which profit from enterprises comes in and money may appear from an unexpected source via stocks or inheritance. This is the material reaping period bringing financial accumulation and is the time to sell stock or property at a profit. It is important however not to reinvest at close of an EIGHT year. It is better save your money in order to modify the mixed qualities of the next year that is not considered an active business year. Depending upon what you have sown, this year is the year of influence sacred
to Lakshmi. This is the influence that manifests “Fame and Fortune” while maintaining the delicate balance or ‘Yuj’ between “Fate and Freewill”.

PHASE NINE: HARVESTING – COMPLETION.

This is a period of Karmic or emotional reaping. The bitter with the sweet, the valleys and the peaks of the last eight years are all experienced. Positive or negative experiences predominate depending upon what we have sown previously. This is the time for philosophical reflection so that we may garner a constructive seedling from the past to plant anew in the forthcoming ONE phase. The NINE cycles are the time to tie up all loose strings or loose ends together and prepare for a fresh start in life. This can be an emotional period and for some may bring deep spiritual experiences. The Nine phases are a wonderful opportunity for integration, re-integration, forward planning and experiencing the satisfaction and rewards of work well done.
The Dharma Marga or ‘Birth path’ represents our psychic and spiritual inheritance in this lifetime. Through understanding this we may experience spiritual evolution as we progress “Life after Life”. Adding up the date, month and complete year of our birth and then reducing the resultant number to a single digit helps calculate our Dharma Marga.

1. SURYA (Sun) Leadership: Keynote adjective: Action. Self-evolution is through exploring the potential to control and influence others positively. Establishing individuality is paramount for growth. These people often sense early in life the need to be free of interference from others. Cultivating self-reliance, perseverance and pioneering instincts brings fulfillment. Brahma is the Ishta Deva. This Dharma Marga has the task of losing pride in the ego, expressing broad outlooks and always striving to be motivated by elevating, progressive ideas and ideals. They can become resource people in the
physical, emotional, or mental world, and must learn to become invaluable in whatever situation, state or place they discover. In doing this they must not become insensitive to the needs of others who may be less independent. Dictatorial tendencies must be overcome. In the face of adversity a “Sunny” disposition is to be cultivated. They often find it easier to express at a physical level and are frequently too blunt and candid. This birth path is prone to tension in the senses of the head. Sinusitis, headaches and ENT problems may arise according to Karma cycles and balance of the name.

2. CHANDRA (Moon) Diplomacy: Keynote adjective: Balance. Growth is dependent upon mastering the art of working closely with people to bring out the best in others. Must utilize tact, understanding and tolerance to alleviate misunderstandings. This Dharma is intended to function as the peacemaker, diplomat good mixer and social catalyst with a magical ability to relax and harmonize others. Education is through interaction with others. This is the Vishnu influence that ‘balances’. Frequently incarnated into a quarrelsome family beset with internal feuding. Often possessed of exquisite sensitivity as expressed through fine arts and psychic abilities. These persons have a great potential to excel at working with the public. Procrastination is a major weakness to be overcome along with the habitual avoidance of issues and confrontations. There is also a tendency to be fantasy prone (“Moon-struck”). In business these are the people who can make partnerships work. Physical weakness tend to center on fluid systems which respond to the lunar tides as also the kidneys and glands.

3. GURU (Jupiter) Self-Expression: Keynote adjective: Extroversion. This Dharma experiences freedom by learning to give of itself without inhibition and in a happy, outgoing fashion. Warmth and vitality flow forth when this path or Marga, is correctly expressed. This incarnation may be drawn to performing arts including oratory, acting and singing. They seek opportunity through artistic expression and make every aspect of life a creative endeavor to fulfill their Dharma. Cultivation of self-expression is the pathway to freedom for this influence and persistently spreading the Jupiterian ‘joviality’. Often born into a family of hard working people surrounded by repressing, material, repetitious influences. If without a constructive emotional outlet, they may
experience intense instability and argumentative situations. Liver and skin are frequently sensitive health areas.

4. RAHU (North Node of the Moon) Technologist/ Technocrat: Keynote adjective: Endurance. Fulfillment through developing a fine sensitivity to things already in existence, and then working these things into a purer, more perfect form. The lesson is to learn the sensitivity and finesse of the “TWO” Dharma, but as applied on a precise, practical level and this can involve working with and overcoming difficulties that would inhibit other birth paths. Perseverance is the essence coupled with the balanced knack of bringing to fruit through attention to detail. Persistent and patience are essential lessons for this life to manifest growth. Failure to learn these lessons can lead to a chronic state of frustration. Dissatisfaction must be overcome as an attitude. These people have an inclination towards ‘Down to Earth’ attitudes. They also have a dependable and disciplined behaviour with fairness and meticulousness ever present. They are often good organizers without the volatility of the ‘ONE’ or ‘TWO’ birth paths. They may demonstrate temperamental outbursts or depression to the surprise of others around them, as they are normally, models of calmness and self-control. Each of us experiences many rounds of birth living under this “Rahu” (North node of the Moon) and the degree to which we learn the lessons of the fourth round is the degree to which we can help and thus assist those whose lives are badly dissipated or chaotic. Intolerance and self-engendered frustration must be eliminated as negative traits. Physical weakness may manifest in intestines, muscles and through growths.

5. BUDDHI (Mercury) Adventurer-Explorer: Keynote adjective: Freedom. These people have a strong Shiva influence. This incarnation is intended to taste all aspects of life drinking deeply of the cup and climbing the highest peaks they are always investigating all avenues of existence physically, emotionally and mentally. Inner resources are developed by learning to adapt to change and refusing to worry unnecessarily about uncertainty. This individual can manifest a fast mercurial mind and life experiences of all sorts are to be accepted and encouraged. Their leading edge of growth emerges by expressing vitality of body and mind and assisting others to reach their level of zest for
living. They may be drawn to radical movements and like the Nataraja dance their world in and out of manifestation. Self-Indulgence to the point of extremes is a hazard to be watched. Emotional turbulence, mood swings, stomach problems and solar plexus tension are health weakness.

6. SHUKRA (Venus) Administrator- Counselor: Keynote adjective: Reliability. The prime lesson in this reincarnation is responsibility. They are often prone to early marriage and settling down. They desire love from the family and in return should always be prepared to give financial, emotional and philosophical as well as psychological support to all. Vishnu, the preserver, reigns under this influence. Although more often than not born into a chaotic, rebellious family that has little regard for social mores, the Venus influence perpetuates “veneration” of principles and traditions. This incarnation fulfills Dharmic obligations best through service to community and consequently government, welfare, institutional administration, teaching and counseling activities have a magnetic attraction. A tendency to be meddlesome must be avoided while worry, anxiety and perturbation from assuming too much responsibility is the inherent weakness. This can result in lowered immunity and a host of psychosomatic ailments.

7. KETU (South Node of the Moon) Philosopher- Priest- Poet: Keynote adjective: Wisdom. The influence of Ketu gives the life lesson of cultivating philosophical wisdom, study, worship and helps one to meditate and commune with nature. The essence is to understand the inner aspects of life by being ‘All-One’ but not ‘Lonely’ or ‘Alone’. They are happiest outdoors enjoying nature and should explore the possibility of expressing themselves through writing. These humans are under the influence of Brahma and therefore are natural Brahmins. They are usually born into families where they are not understood and therefore crave affection and understanding as they merge into adulthood, but have difficulty finding this. There is also a distinct tendency to marry into situations where this condition of not being understood or appreciated persists if the person does not undertake self-study (Swadyaya). These people, rather like the South Node of the Moon, represent subterranean depths or ‘down under’ impulses that we seldom perceive. Extreme introversion is always a risk and is a lesson to be overcome.
They desire appreciation but due to sensitivity, self-consciousness and an aura of aloofness often experience misunderstanding. Health problems are usually apt to focus around the heart, bronchioles and lungs.

8. SHANI (Saturn) Executive Management: Keynote adjective: Success. This individual achieves self-realization through the development of organizational skills commonly in the fields of Industry, Law, and Commerce. They must learn to develop efficiency, justice as well as broad and balanced viewpoints. They must learn to express power and achievement through management ability. Such an incarnation is an opportunity to discover how to justly administrate and distribute the fruits of the earth in an equitable manner thus emulating the ruler Vishnu in his incarnation as Krishna. Readily attracted to the executive strata, they may experience the inner meaning of “Wealth”. They are under the influence of Lakshmi, the patron Goddess of ‘luxury’ and ‘luck’ who is also the giver of proportion. Materialism must not become a consuming obsession that precludes inner growth and results in a grim, miserly saturnine personality. These people are intended to establish financial independence and consequently help mankind through developing broad guidelines for justice. Stress tends to reflex into the reproductive system and related organs as a first choice.

9. MANGALA (Mars) Humanist-Spiritualist: Keynote adjective. Psychic Power. Often incarnated where they are unable to express their qualities. This is the vibration of the so-called “helping professions”. Self-actualization occurs by living a life of service to others. They must be a friend to all and engage in both social welfare and psychiatric fields. It is obligatory for one born with this Dharma to accept spiritual leadership if the occasion arises. They are highly inspirational. Despite deep spiritual urges emotionality and temperamental displays are inherent weakness and these people often personify ‘Martial’ personalities. When unbalanced factors are present they may suffer from substance abuse and experience loss of love through death or divorce. All aspects of the Central and Autonomic nervous system are at risk when stressed. They are always a potential candidate for the “burnout” or “wounded healer” syndromes.