

## FORWARD



Astrology is both an art and a science. It is an ancient study of symbolism about time and space that reveals the fundamental causes of events. Its goal and value is to help human beings to live wisely and to remove the causes of restriction and suffering.

Sacred teachings in the Vedic tradition begin with the symbol श्री (śrī). This auspicious symbol stimulates the mind to insights about Ultimate First Principles. It represents light and beauty — the light of knowledge and the beauty of wisdom that result in an understanding of the principles of karmic causation.

Esoteric Kriya Astrology uses various techniques and rituals to soften constrictive karma. One of the easiest and most powerful ways to soften karma is by the use of mantra. Mantras are sacred formulas of astral vibrations. These primary vibratory forces generate subtle states of consciousness that have the power to shift karmic energy and weaken its negative influence.

The word mantra comes from two Sanskrit words, *man* meaning mind, and *tra* meaning instrumentality. Thus, mantra means by the instrumentality of the mind. Mantra is a method that removes constrictive karmic states of consciousness. It does this by strengthening and enlivening the mind, freeing it to expand to subtler states of consciousness.

The sages say that speech is the essence of humanity because what we think and say controls our actions, which in turn decide our destiny. Everything that manifests comes into manifestation first as a feeling and then as a thought. Then it is actualized through the power of speech. Thousands of years before John wrote his Gospel, this truth was expressed in the Vedas: In the beginning was the Word and the Word was God and the Word is AUM.

Mantra is an energy based vibration. Like all sound, a mantra produces a physical vibration. The effect of that sound vibration is called mantra, the energy basis of the sound. A mantra also contains an experiential meaning. The sound and its meaning are one, and though there can be different translations of a mantra, the true meaning is the experience that manifests from chanting it.

Mantric sounds are composed of Sanskrit letters. These letters correspond to the petals of the chakras. A mantric formula energizes and directs life energy to the chakras in a specific way. In yoga philosophy, this energy is called *prana*. A chakra is a mass



energy converter. When a mantra is chanted with conscious intent, it generates a powerful vibration that activates a petal or series of petals in the chakric system and produces a change of mass to energy or vice versa.

The chakras and the planets are interrelated. When you chant a mantra linked to a specific planetary force, you begin to lessen the constrictive energies of that planetary state of consciousness. The *Nava-graha Shanti Mantra* is an auspicious mantra linked to the science of astrology. This mantra balances the astral forces of the nine ancient planets and empowers the chanter to soften the constrictive karma linked to each planetary state of consciousness. As you chant the mantra you soften your karma, which encourages the flow of positive astral energies from the planets.

Exoterically, nava-graha shanti means making the energy of the nine planets peaceful. (In Vedic astrology, the sun, moon, and lunar nodes are referred to as planets.) Each planetary state of consciousness is twofold — expansive and contractive. As you chant and attune to the nava-graha shanti mantra, the more positive expansive rays of the planets override the constrictive rays and soften the natal chart.

The sages have said that a person who chants the nava-graha shanti mantra will gain great insight into the mystery of Life. As you begin your study of transit astrology, chant the mantra for two or three weeks as a means of attuning to the astral forces. After a week or two of daily practice, you will develop a deeper knowledge of the planetary forces and experience a calmness that will help you gain deeper insights into the mysteries of astrology.

### **The Nine-Fold Nava-Graha Shanti Mantra**

The nava-graha shanti mantra is composed of nine mantras. Each mantra is attuned to a planetary force. The first seven are linked to a day of the week. The last two, the “shadow planets,” are not.

Om Shri Ravi Va Namah

Om Shri Chandra Va Namah

Om Shri Mangala Va Namah

Om Shri Budha Va Namah

Om Shri Brihaaspati Va Namah

Om Shri Shukra Va Namah



Om Shri Sani Va Namah

Om Shri Rahu Va Namah

Om Shri Ketu Va Namah

### The Sanskrit Names of the Planets

Sun = Ravi

North Node = Rahu

Moon = Chandra

South Node = Ketu

Mars = Mangala

Uranus = an octave of Saturn

Mercury = Budha

Neptune = an octave of Jupiter

Jupiter = Brihaaspati

Pluto = an octave of Mars

Venus = Shukra

Saturn = Sani

There is a direct relationship between the depth of your concentration and the benefits that will be gained from chanting the nava-graha shanti mantra. You are not required to chant the mantra for a set period of time, but there are traditional rules regarding its use.

1. Chant the mantra for the first time on the day that is linked to your sun sign — the day of the week that is your symbolic birthday or sun sign day. (See Table One.)
2. The mantras are chanted in a prescribed order that changes depending on the day of the week you are reciting them. (See Table Two and examples below.)
3. Before you chant the mantra for the first time, determine the symbolic day of your birth — your sun sign day (Table One).
4. Then find the appropriate mantra for that day. (Table Two)
5. Start the mantra for the first time on your sun sign day with the mantra for that day. Then chant the remaining eight mantras in their proper order. This completes one round of the mantra.
6. When you reach the end of a round, start over again and recite at least three complete rounds.



**TABLE ONE** - Your symbolic day of birth is the day linked to your sun sign.

Sun in Aries = Tuesday as your symbolic day of birth (Mars)

Sun in Taurus = Friday (Venus)

Sun in Gemini = Wednesday (Mercury)

Sun in Cancer = Monday (Moon)

Sun in Leo = Sunday (Sun)

Sun in Virgo = Wednesday (Mercury)

Sun in Libra = Friday (Venus)

Sun in Scorpio = Tuesday (Pluto, octave of Mars)

Sun in Sagittarius = Thursday (Jupiter)

Sun in Capricorn = Saturday (Saturn)

Sun in Aquarius = Saturday (Uranus, octave of Saturn)

Sun in Pisces = Thursday (Neptune, octave of Jupiter)

**TABLE TWO** – Always begin the nava-graha shanti mantra by reciting the mantra that is linked to the day of the week on which you are chanting. The other mantras are then recited in the prescribed order.

1. Sunday = Om Shri Ravi Va Namah
2. Monday = Om Shri Chandra Va Namah
3. Tuesday = Om Shri Mangala Va Namah
4. Wednesday = Om Shri Budha Va Namah
5. Thursday = Om Shri Brihaaspati Va Namah
6. Friday = Om Shri Shukra Va Namah
7. Saturday = Om Shri Sani Va Namah
8. Om Shri Rahu Va Namah
9. Om Shri Ketu Va Namah

A couple of examples might be helpful. Let us assume that your sun sign is Virgo. This means your symbolic birthday is Wednesday, which is linked to Mercury and the fourth mantra: *om shri budha va namah*. Thus, the first time you chant the mantra should be on a Wednesday. Begin your practice with the fourth mantra and then chant mantras 5, 6, 7, 8, and 9. Continue by chanting mantras 1, 2, and 3. This would complete one round of the nava-graha shanti mantra. I suggest you chant at least three rounds of the entire mantra each day for two or three weeks.

The next day, which would be Thursday, start your practice with the fifth mantra, which is linked to Jupiter: *om shri brihaaspati va namah*. Follow it with mantras 6, 7, 8 and 9 and continue with mantras 1, 2, 3, and 4. This would complete one round. Then repeat this pattern three times, thus completing three rounds. On the next day, which would be Friday, start with the sixth mantra, which is linked to Venus: *om shri shukra va namah*, and then chant mantras 7, 8, 9, 1, 2, 3, 4 and 5. This would be one complete round for a Friday. Chant at least three rounds. Continue to chant three rounds of the entire mantra each day of the week for two or three weeks.

If you are a Capricorn, your symbolic birthday is Saturday, which is linked to Saturn and the mantra: *om shri sani va namah*. Thus, the first time you chant the mantra should be on a Saturday. Begin your practice with the seventh mantra, which is linked to Saturn, and then chant mantras 8, 9, 1, 2, 3, 4, 5, and 6. On Sunday begin with the first mantra: *om shri ravi va namah*, which is linked to the sun. Follow it with mantras 2, 3, 4, 5, 6, 7, 8, and 9. On Monday begin with the second mantra: *om shri chandra va namah*, which is linked to the moon. Follow it with mantras 3, 4, 5, 6, 7, 8, 9 and 1. Always begin with the mantra linked to the day of the week on which you are chanting and follow it with the other eight mantras in the prescribed order.

Chant at least three rounds a day for three weeks. After that, one round a day will keep the positive energy flowing. Japa, the extended repetition of a mantra, quiets the subconscious mind and reveals a concentrated state of consciousness that releases creative energy and intuition. This, in turn, reveals the secrets of the planetary forces.

As you deepen your study of the sacred science of astrology, develop your intuition and sensitivity by chanting the nava-graha shanti mantra. I also recommend chanting it before you sit down to read a chart.

May the Powers that Be bless you that you become an ever greater blessing to others.

Om Tat Sat Om

G. Kriyananda



## PREFACE

What is a transit? When used in astrology, the word transit refers to the passage of a planet through a sign of the zodiac or a house of the natal chart. The term also refers to the exact position of a planet in the zodiac on a specific date and any aspects that planet makes to a horoscope at that time.

When a transiting planet forms an aspect to a natal planet or a sensitive point in a natal chart (such as the ascendant, midheaven, or prenatal eclipse), the energy inherent in the natal chart is activated and released. Its expression can be mental, emotional, physical, or astral. Regardless of the level on which it finds expression, one fundamental principle must be understood when studying transits. This principle is known as the First Cosmic Law of Astrology.

### **The First Cosmic Law of Astrology**

Only that which is inherent in the natal chart can manifest through a transit.

### **Finding the Position of Transiting Planets**

The position of a transiting planet (its sign and degree) can be found in an ephemeris for the year, month, and day you are examining. Once a natal chart has been calculated, to find each planet's location, all you need to do is look in an ephemeris for the date you are interested in delineating. The outer planets (Jupiter, Saturn, Uranus, Neptune, and Pluto) move very slowly and the aspects they form are active for months. Therefore, you can take their positions out of the ephemeris without doing any mathematical calculations. This method is simple, yet the results are astonishing.

For example, if Mr. Smith was born in 1978 and you wanted to know what was going to activate in his natal chart during December 2004, you would open a 2004 ephemeris to the month of December. There you would find the position of each planet for each day of the month. You would see that on the first day of December Jupiter's position is 13 degrees Libra, and on the last day of the month its position is 17 degrees Libra.



Write the degree of the transiting Jupiter for the first day of December (13 degrees Libra) just outside the Libra section of Mr. Smith's horoscope wheel. Write the data down as close to the area that relates to the transiting degree as possible and date it. The best way to do this is to use a Jupiter symbol followed by its degree and the date. Then note Jupiter's position for the last day of December (17 degrees Libra) outside the wheel in the same way. Connect the two positions by drawing a fine line between them that has an arrow pointing in the direction of Jupiter's movement toward the higher degree of Libra. (See the example on the chart included with this lesson.) Study the chart and see what aspects Jupiter makes during the time in question. Remember that all planets except the Sun and Moon periodically retrograde.

In the same way, you can note the transiting positions of Saturn, Uranus, Neptune, and Pluto on the outside of the horoscope under consideration. Then look to see what aspects each transiting planet makes to the natal chart during the time in question. For interpretation, list any transiting aspects that are formed by date and aspect.

Sometimes Mars is used as well, but you will note that Mars moves very rapidly compared to the outer planets. For example, on December 1, 2004 Mars is 13 degrees Scorpio and on the 31<sup>st</sup> of December its position is 4 degrees Sagittarius — a movement of almost twenty degrees.

If you want to delineate the transiting aspects of Saturn for the last six months of 2005, follow the same procedure. Open your ephemeris to June 2005. You will see that on June 1, 2005 Saturn's position is 24 degrees Cancer. On December 31, 2005 Saturn's position is 9 degrees Leo (retrograde). Write Saturn's two positions outside the natal chart in the proper area of the signs involved (Cancer and Leo) and draw a line between the two positions. The arrow should point toward Leo. (See the example on Mr. Smith's chart.)

Study the chart and see if any transiting aspects are formed during Saturn's six month movement of approximately 15 degrees. If any transiting aspects are formed to natal planets, record the date of each transit and list them by date and aspect for later interpretation. These aspects reveal the potential events of that period.

After the positions of the transiting planets are written down outside the natal wheel and their aspects noted, the transits can be interpreted on four levels: psychological, biological, sociological, and physical.



This text will place greater emphasis on the psychological level of manifestation because it reveals the cause of the biological and physical events. Imbalanced psychological states produce imbalanced biological states, which tend to produce imbalanced actions and reactions in the external world. In the same way, balanced psychological states tend to produce positive external events. Reflect on the meaning of the words balanced and imbalanced. As they are used here, these terms refer to the energies within a microcosm that cause events to unfold as they do in the macrocosm.

### Understanding Transit Delineation

Three groups of transits will be studied in this text. They will be divided into three areas or stages of transit interpretation. The three groups of aspects are:

1. **The Major Aspects:** The conjunction, square, trine, and opposition. Depending on the planet involved, these transits can remain active for 2-3 months or longer.
2. **The Parallels of Declination:** These important and seldom used transits are essential because their effects last for years. (Sometimes up to 30 years.) No analysis of the horoscope is complete without using the declinations.
3. **The Not So Minor Inconjunct:** This 150° aspect symbolizes stress, strain, and guilt.

The three areas of transit interpretation are:

1. The Outer Planets Transiting Through Zodiacal Signs.
2. The Outer Planets Transiting Through the Houses.
3. Transiting Aspects to Planets and Sensitive Points in a Natal Chart.

Interpreting a planet transiting through a house is more complex than interpreting a planet transiting through a sign. This is because the effect of a transiting planet, in relationship to where it will manifest and whom the planetary energy will affect, is to a large degree determined by the house the transiting planet rules in the natal chart and the house the transiting planet is in natively.

In other words, if you are interpreting a transiting Saturn, in addition to knowing what house it is transiting, you also need to know what house Saturn rules in the natal chart (the house cusp ruled by Capricorn).



If Saturn rules the second house of the natal chart, there will always be a strong emphasis on financial matters during any major transit of Saturn in that chart. If Saturn rules the second house and is transiting the third, money matters dealing with communications, neighbors, and siblings will be emphasized. If Saturn rules the second and is transiting the fourth, there will still be an emphasis on financial matters, but these financial matters will correlate with family or household karma.

You also need to know what house Saturn is in natively. If Saturn rules the second house, but natively is in the ninth house, a Saturn transit might involve money coming from a lawsuit. If Saturn rules the third, but is natively in the sixth, there might be problems with brothers and sisters or neighbors regarding work or sickness. The nature of the manifestation of planetary energy will also largely depend on how the natal planet is aspected. Remember the first cosmic law of astrology: Transits only trigger what is contained in the natal chart. Therefore, you need to decide which is stronger — the house a planet rules or the house it is in natively. When in doubt, use the house that a planet rules.

### **The Astrological Principles**

There are a series of astrological principles that need to be memorized and kept in mind as you seek to understand and master the meaning of transits. They will be distributed throughout this text. The Cosmic Principles will deepen your understanding of karma and the natal chart. The General Principles will assist you in interpreting the transits.

#### **The First Cosmic Principle**

A natal planet's sign position symbolizes astral karma — individual or group. This karma is held over from a past life and can be softened through deep meditation or enhanced if the karma is positive.

#### **The Second Cosmic Principle**

A natal planet's house position indicates an individual's earth karma and the life area in which that karma will manifest.

Try to analyze a transit in relationship to how it will activate the karma represented by the natal chart. Understanding the karmic significance of a transit allows you to soften that karma more effectively. There are four levels of karmic interpretation: the psychological, the sociological, the biological, and the spiritual.



The level on which a transiting aspect will manifest is usually determined by the karma to which the person is most subconsciously attached. This can be determined from the natal horoscope. However, it is wiser to use your intuition and try to ascertain the horizon of awareness of the soul living within and through that horoscope. This horizon of awareness is not seen in the chart but can be intuited by the calm, meditative mind of a wise astrologer.

### **The First General Principle**

The transiting Mars is a triggering mechanism that primarily activates transits formed by slower moving planets. When considering the transiting Mars, only the conjunction and opposition are normally used.

### **The Second General Principle**

There is a direct link between the speed of planetary motion and the intensity of a transit.

The slower a transiting planet moves, the greater its karmic intensity becomes. A planet may slow down because it is reaching the point in its orbit that is farthest from the sun (aphelion), or because it is about to form a station point. The faster a planet moves, the less karmic intensity it has. For example, it takes about thirty years for Saturn to sweep through a horoscope and form all possible aspects, but Mars sweeps through a horoscope and forms all possible aspects in just two years.

### **The Third General Principle**

An aspect between a transiting planet and a natal planet is 2-5 times stronger than an aspect formed between a transiting planet and a progressed planet.

### **The Fourth General Principle**

Transiting planets moving through cardinal signs and/or angular houses will tend to manifest more actively and externally.

### **The Fifth General Principle**

Transiting planets moving through fixed signs and/or succedent houses will tend to manifest mentally.



Regardless of whether the aspect manifests internally or externally, conditions manifesting in fixed signs and/or succedent houses tend to be more permanent. Fixity does not like change, and it is often the inability to adapt to change that causes stress rather than external events.

### The Sixth General Principle

Transiting planets moving through mutable signs and/or cadent houses tend to manifest in both the internal and external spheres.

### General Notes on the Text

It is assumed that the student reading this text has a basic knowledge of astrological symbolism and is familiar with the four fundamental areas of natal astrology: planets, signs, houses, and aspects.

This text has been written in an effort to make you aware of the *potential* future by examining major transits and progressions as they relate to the natal chart. If you do not know the potential future, there is no way that it can be improved or changed. Knowing the potential future gives you the power to change it.

There are several phrases used repeatedly throughout this text: “tend to be...all else being equal...will cause...might cause...will bring.” The use of such language is not meant to give the impression that the planetary forces are external to you. These phrases are used to call attention to the fact that we have free will. Nothing is predestined or predetermined. The future is only a *probable* future and will manifest only if one remains asleep, indifferent, emotional, or takes no action.

A phrase like “all else being equal” refers to the fact that there can be more than one transit or progression active at any given time. Thus, all active transits (or progressions) and the natal chart need to be considered before making a prediction. Multiple planetary aspects do not cancel each other out. On the contrary, they bring together energies that manifest events in one’s life.

I indicate in the text that some aspects will affect women more than men and vice versa. This is not meant to be interpreted as a sexist point of view. There are several reasons for making such statements.

1. Empirical evidence has shown that certain aspects affect women more than men, and that other aspects affect men more than women.

2. Our social conditioning, wisely or foolishly, shapes us to respond differently, at least potentially.
3. There are fundamental biological differences in souls occupying female and male bodies.

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## INTRODUCTION TO TRANSIT ASTROLOGY

My Guru, Sri Shelliji, said that predicting the future from a horoscope is an exact science and a refined art. Transit astrology is about understanding the timing of an event and the place in which it will manifest. There are five astrological dynamics, which if kept in mind, will help you focus on the science and perfect the art of astrology.

1. Establish when a given aspect (piece of karma) is going to manifest or fire.
2. Establish whether the karmic event is going to manifest mostly in the mental realm or on the physical plane.
3. Establish if the karma is positive or negative, that is, harmonious or inharmonious, constructive or destructive. (Some astrologers use the terms soft or hard.)
4. Establish the duration of the karma.
5. Establish the intensity of the karma.

From the synthesis of these five dynamics, my guru established the Second Cosmic Law of Astrology. This law states the **intensity** of an aspect multiplied by the **duration** of the aspect equals the **force** of that aspect.

### The Second Cosmic Law of Astrology

$$\text{Intensity} \times \text{Duration} = \text{the Force of an Aspect (ID=F)}$$

For example, when the transiting Saturn forms a conjunction with a natal planet, the active period of influence is about six weeks on either side of the partile (exact conjunction). Thus, the duration (D) of the Saturn conjunction is twelve weeks.

If the intensity (I) a person experiences in their life under a Saturn conjunction were ten times the normal daily intensity of a person's life, then according to the formula  $ID=F$ , we have  $12 \times 10$ , which gives a force of 120.

The square root of ID will give you the force of the aspect in karmic units (KU), which in this example would be just under 11. In other words, the energy released by a Saturn conjunction under normal conditions is about 11 karmic units. You would need to apply an equal or greater amount of energy in order to neutralize the karmic force of that Saturn aspect.



### **Determining the Intensity of a Transit**

Transits reveal the timing of karmic events. They also reveal the duration of karmic events and provide clues about the intensity of the karma they symbolize. Transits are also an excellent method for determining the time and place of future karmic events. Thus, the study of transits offers you an opportunity to neutralize any negative karma before it manifests.

The time a piece of karma will manifest is determined by when the transiting aspect is complete or exact. This point is referred to as a partile. The duration of the karma is determined by the speed of the planet and is measured in days, weeks, or years.

The planet itself and the angular nature of the aspect involved determine the intensity of the karma. The harder an aspect is, the greater its intensity. The sextile and trine are harmonious. The trine is soft and the sextile is even softer. The square, inconjunct, and opposition are inharmonious or hard. The inconjunct is hard, the opposition harder, and the square hardest. The intensity of a conjunction depends upon the nature of the planets forming the conjunction. (More specific methods for measuring intensity will be discussed on retreat.)

The conjunction and the parallel of declination can be soft or hard depending on the nature of the planets involved. For example, Jupiter is considered harmonious and Saturn inharmonious. We will deal with these principles in this text one at a time so they become clear.

The final determination about the positivity or negativity of an aspect always lies within the natal chart itself. Thus, you need to study the natal chart closely before predicting the future. The same principle will hold whether the event is internal or external.

Progressions should not be overlooked because they are powerful. However, progressions are intermittent. A person could have a progressed aspect and not have another for several months. When a progressed aspect fires, major events tend to manifest. What does a person do between major progressed aspects? How do you guide your life during the intervening months or years? Astrologers use the transits because major and minor transits fire daily, weekly, and monthly with different levels of intensity. When major transits take place, major events will manifest. However, in dealing with transits (or progressions), it is important to remember the First Cosmic Law, which I repeat here: Only that which is inherent in the natal horoscope can manifest.



If a person has Sun squared Saturn natally, and the transiting Saturn trines either of these planets, not as much positivity will manifest as one might expect. However, if a person has Sun trine Saturn natally, and the transiting Saturn forms a square with either natal planet, it may be a trying time, but there will be great positivity if the person works hard and stays balanced.

When a transiting planet comes within a one-degree orb of a natal planet, a doorway to an astral channel begins to unlock and open, and astral energy begins to be released. When the aspect is 1/3 of a degree (twenty minutes of arc) from partile, much greater energy is released. When the aspect is partile, the greatest degree of energy is released and will manifest as an internal or external event.

This course covers transiting aspects to the natal planets. If you are concerned with analyzing a transit to a progressed planet, read the data and reduce the force by 75%. In so doing, you will be accurate about 90% of the time. In short, transits to natal planets are 3-5 times stronger than transits to progressed planets.

An important key to understanding transits and determining their intensity is to realize that a lazy person will not be strongly activated by a Mars transit, but a restless person will. In the same way, a person who is lazy will find that Saturn acts forcefully on him, whereas the same Saturn aspect is much weaker in an energetic person. One person may not feel much from a powerful transiting Neptune, but a more sensitive person will feel and react to the same Neptune aspect very strongly. People respond to those aspects with which their personality's inclinations and preferences are in tune. The force of Mars will be more potent in a restless person than in a calm person. A depressed person will be more strongly affected by a Saturn transit than a person who is not overly serious or depressed by nature. Character is in the natal chart. Character decides the power an aspect has over a soul, which brings us to the Third Cosmic Law.

### **The Third Cosmic Law of Astrology**

Character is destiny.



In dealing with transits (or progressions), there is a fourth law linked to the third.

### The Fourth Cosmic Law of Astrology

When two or more transits activate at the same time or close to one another, the decisive factor in manifesting astral energies is a person's inborn, instinctive predisposition and temperament, modified by their horizon of awareness.

#### Duration: The Window of Activity

Each aspect formed by a transiting planet has a measurable duration — a period of time during which it is active. This duration is referred to as its window of activity. The following times must be applied to both sides of the partile aspect. They are guidelines — not fast, fixed rules. (Mars and Uranus tend to fire early. Saturn tends to fire late.) They are approximate periods of time that fluctuate in response to various dynamics that affect the speed of a transiting planet and other forces within the chart. Remember these windows exist on both sides of the aspect.

Moon — 40 Minutes to 2 Hours

Jupiter — 6 Weeks

Mercury — 1 Day

Saturn — 6 - 8 Weeks

Venus — 1 Day

Uranus — 5 Weeks

Sun — 1 1/2 Days

Neptune — 4 - 5 Weeks

Mars — 1 1/2 Days

Pluto — 4 Weeks

Though transits have a specific window of activity, the events that manifest while they are open can and do last long after the window closes. For example, it takes a few seconds to cut one's hand but days to heal. It only takes a few minutes to have an accident but can take months or years to recuperate. There is no direct relationship between the window of activity and the period you may live with the effects of the aspect once it manifests. This can be more fully grasped when you recognize that there are two types of duration: internal or mental and external or physical. A cut may take weeks to heal, whereas an emotional attitude or experience can be balanced in a matter of minutes or it can take decades and even lifetimes. Once again, it is an individual's personality and character that will be the determining factor.



## Determining the Importance of an Aspect

Transits can reveal important and potentially life changing events. They also reveal the potential future of everyday pursuits. It is quite common for someone to have several transits active during any period of their life, yet only one or two (or possibly none) will signal an important or major event.

Progressions, which are covered in the second part of this course, normally indicate events that are more significant than events triggered by transits. But this is not always the case. A person may have one or two major progressions during an average year or they may have none at all. So what is the difference between an important event, a major event, and a significant event? How do you determine which transits are important and which are not? The importance depends on the intensity and duration of the aspect. Here are some guidelines.

**Important Events** last at least 2-8 months, and it does not require much energy to respond to the events caused by these aspects.

**Major Events** last for a year or longer. A fair amount of energy is needed to respond to the events caused by these aspects, especially the transits of Saturn, Uranus, and Pluto.

**Significant Events** last for several years or longer. Some astrologers say they are carried over into the next incarnation. A great deal of energy is needed to handle the events caused by these aspects, which relate to spiritual challenges and the soul's evolution. These events are most often indicated by progressions and transiting declinations.

## Determining the Strength of an Aspect

There are six major longitudinal aspects and one so called minor but extremely important aspect related to declination. They are listed here from weakest and least intense to strongest and most intense.

1. The weakest of the aspects is the **sextile**. It is a soft aspect of 60 degrees. It brings mental harmony and positivity. Events tend to manifest in the inner world, but this depends on the personality. When properly used, the sextile brings positive events both internally and externally. The sextile is a Venus symbol and contains all of its qualities. Its key word is **opportunity**. The sextile is moving toward becoming a trine.
2. The next strongest aspect is the **inconjunct**, an aspect of 150 degrees, also known as the **quincunx**. It is a hard aspect showing **stress** because of mental or physical conditions. Many of the old astrologers consider it a **guilt** aspect (stress manifesting from feelings of guilt). During an oncoming inconjunct, one should guard their mental and physical health. The inconjunct is a Saturn symbol and contains all of its qualities.



3. The next strongest aspect is the **trine**, a very soft aspect of 120 degrees. The trine is a Jupiter symbol and contains all the qualities of Jupiter. It is benefic and **expansive** to all it touches. The trine is usually harmonious, adding positivity to events and conditions.
4. The next strongest aspect is the **opposition**, a hard aspect of 180 degrees. It points psychologically to conditions where there is an either/or situation that produces a teeter-totter effect. The opposition has a mirror effect — a reflective force that tends to continually vacillate back and forth. It produces **indecision** and debate within the mind about which direction to take. The opposition is a lunar symbol and contains all the qualities of the Moon.
5. The next strongest aspect is the **square**, a 90-degree aspect. It is hard. The square produces effort, energy, strife, accidents, errors, irritation and passion. Without self-control it is very **disruptive**. The square is a Mars symbol and expresses all the qualities and energy of Mars.
6. The **conjunction** is the next strongest aspect. It is the most powerful of the longitudinal aspects and can be hard or soft depending on the planets involved. It is symbolically a solar aspect, an **empowering** force that strengthens whatever planet (or sensitive point) it touches. The conjunction is a solar symbol and thus contains the qualities of the Sun.
7. The **declination**, also known as the **parallel of declination**, is the strongest aspect. It is not a longitudinal aspect but an aspect of declination. Because the declination has an exceptionally long window of activity, it is considered the strongest of all aspects. Conjunctions of slower moving planets last only a few months, but declinations can last for years, decades, or even a lifetime. The declination manifests in two ways:
  1. As a **parallel**, meaning both planets are either North or South of the ecliptic. This acts like a long lasting **conjunction**.
  2. As a **contra-parallel**, meaning that one planet is North and the other South of the ecliptic. This acts like a long-lasting **opposition**.

The transits formed by slower moving planets are the most critical. Traditionally, only the outer planets are considered when making major predictions, though Mars is sometimes used because it is an important triggering mechanism that causes slower moving transits to activate.

The transits of the faster moving planets — Moon, Sun, Mercury and Venus — will not be covered in this text because their effects on daily life are slight and short-lived. Their cycle of activity ranges from less than an hour to a day and a half. Like Mars, they are sometimes significant as a triggering device and can help an astrologer pinpoint the exact time a slower transit will manifest. A faster moving transit is more likely to trigger a slower moving transit when the same planets are involved. A faster moving planet can also trigger a progressed aspect if they are the same planet. (This will be discussed in future lessons.)

### **Transits and Retrograde Planets**

The Sun and Moon never retrograde and can form an aspect only once during a transit cycle. All the other planetary forces go retrograde on a regular basis. This means that they can form the same aspect three times during a transit. The one exception is Pluto, which can form the same aspect up to five times during a transit cycle.

For example, when the transiting Saturn forms a conjunction to a natal planet, it is normally active for a period of three months, with 6 weeks on either side. Then it moves on and will not form that conjunction again for another thirty years. However, sometimes after forming a conjunction Saturn will stop, retrograde, and go back to form the conjunction a second time. It then stops once again, turns around, and moves forward to produce a third conjunction. In this case, the active period of the aspect could be experienced for as long as nine months. It is important to know if a transiting planet will form more than one aspect to a natal planet because it affects the duration of the aspect, which in turn directly affects the intensity of the aspect. If Pluto forms five aspects in a given sequence, its active period can last (on and off) for up to three years.

Another reason for checking to see if a transit will form more than one partile is to determine whether the intensity of the aspect is growing or diminishing. If a transiting planet forms an aspect three times, decide by observation of the events within you and around you whether the second aspect is stronger than the first. If it is, the third aspect will most likely be stronger still. However, if events surrounding the second aspect are weaker, events surrounding the third aspect will most likely be the weakest.

### **The Significance of the Transiting Planets**

The following data on the planets should be memorized and used as a guideline when interpreting transits. Because the aspects formed by slower moving planets are most critical, and the longer their duration the greater their intensity, this text reverses the traditional order in which the planets are discussed.



## Pluto

Subconsciously, Pluto symbolizes the masses or large groups of people. It deals with deep-seated problems and is associated with the wish to control. Therefore, it is associated with power and sex. When there is a hard Pluto aspect, there will be serious power conflicts. Pluto, symbolic of the Phoenix, is a transformative force.

Under difficult Pluto transits, one should be careful in dealing with law enforcement agents, insurance companies, unions, and stockbrokers, as well occult or religious groups. It is also a time to guard against burglars and thieves.

Pluto is a duplicator; it causes an event to manifest two or three times. For example, under a Mars event, surgery may occur once and is over. Under a Pluto, the same surgery is often repeated two or three times within 1 to 3 years. This depends on the nature of the Pluto transit. A Mars accident happens once. A Pluto accident will usually happen two or three times. There are exceptions, but this is the general rule.

## Neptune

Neptune brings confusion and bewilderment, causing mistakes, errors, and bad judgment. It produces literal and symbolic slipping or falling. It symbolizes oils, thick liquids, alcohol products, salt, the ocean, psychology, dreams, phobias, fears, drugs, and medicines. Neptune has to do with psychic conditions, intuition, and hunches. It also relates to delusion. Beware of vagueness and deception under a hard Neptune transit, and be careful of dealing with mariners, fishermen, druggists, pharmacists, addicts, anesthetics, and occultists. Neptune also relates to chemicals, so beware of poisoning.

## Uranus

Uranus has to do with unexpected or radical changes. It brings the need for freedom but can also bring stress and mental aberrations. It rules electricity, electronics, astrology, the space age, x-rays, and radioactive material. Uranus seeks freedom — mentally, physically, and spiritually. Like Pluto, it is the planet of revolt and revolution — individually or collectively. Under a hard Uranus aspect, be careful of flying, having x-rays, buying electronic products, and working with electricity. Beware of astrologers during a Uranus cycle. Never give up your logic or free will to another person. Perhaps it is always wise to be cautious of astrologers. There are so many, yet so few are wise.

## Saturn

Saturn relates to concrete everyday life events. It has to do with hard work, discipline, responsibility, and demands. It relates to long-range actions and events. Under a hard Saturn aspect, be careful of dealing with realtors, lands, buildings, mines, tunnels, government officials, and older people. Guard your bones and calcium level. The effects of a major Saturn aspect tend to be permanent and can last a lifetime. Therefore, when you have a major Saturn transit ask yourself, "What do I wish to live with for the rest of this incarnation?"

## Jupiter

Jupiter symbolizes the law, higher studies, philosophy, medicine, religion, and foreign cultures. It relates to professional people. Jupiter expands whatever it touches — job, career, money, the body. Because Jupiter symbolizes doctors and lawyers, one should be careful when dealing with these people during a hard Jupiter aspect, especially if the natal Jupiter is afflicted. Because it expands whatever it touches, there are two times when Jupiter may be inharmonious.

1. An afflicted Jupiter can cause carelessness, which can lead people to become excessively sloppy and/or overweight.
2. A hard natal Jupiter and a hard Jupiter transit can enlarge diseased organs. Therefore, be careful of what you say to a sick person under a Jupiter transit because it may cause the diseased area to enlarge or spread. **(One should never make any medical statements or diagnoses unless one is a medical professional.)**

## Mars

Mars is energy, vitality, and sexuality. It has everything to do with sports, surgery, anger, fighting, crime, war, and accidents. Mars symbolizes young men. Under a hard transiting Mars, take your time; do not become rushed. Remain calm, cool, and patient.

## Venus

Venus has to do with social interaction, beauty, jewelry, cosmetics, clothing, aesthetics, romance, and things that people value. Venus deals with young people, especially women. Under a hard Venus transit, especially transiting Neptune square Venus, allurements could be a very major problem.



### **Mercury**

Mercury symbolizes all forms of communication. It relates to reading and writing, transportation, brothers and sisters, and neighbors. It also rules thinking and speaking.

### **Sun**

The Sun is power, energy, and the life force. It relates to powerful, mature males and sometimes powerful female figures. The Sun empowers what it touches for better or for worse and brings it into the light.

### **Moon**

The Moon is everyday life. It relates to mothers, women, babies, and the public. The Moon symbolizes everyday normal changes that are planned or that can be expected. The Moon relates to plant life and all cyclical phenomena.

### **Your Destiny is in Your Hands**

As my Guru said, "To know the future is to have the ability to change it." Your horoscope is the guiding star to your evolution; it reveals the patterns of the past and the events of the future. Understanding it allows you to think and act more wisely, to reach toward maturity. The horoscope reveals that you are the maker of your karma. Everything that has come into your life through people or circumstances has come because of what you have thought, said, and done. You alone have caused the events that manifest into your life, and only you can neutralize the karmic momentum of the past. From the moment you generate a piece of karma, your destiny is in your hands and only you can change it.

Meditation and reflection are methods for understanding your personal history, and thus your potential future, with greater clarity. Through self-awareness and self-discipline, you have the power to act wisely and choose to not react to your own emotionality or to external forces. If you do nothing internally or externally to change the karmic pattern of your life, its karmic momentum will generate your future. However, if you take action internally, your external world will be changed.

You can soften your potential karma and markedly improve your life through the use of yogic techniques, which develop self-awareness, and by taking skillful action before an aspect fires. No matter how difficult your karma may be, with awareness and knowledge you can make this incarnation wiser and happier for you and everyone around you.



### **The Seven Rays of Discernment**

Kriya Yoga uses the Seven Rays of Discernment as a way to meditate and reflect on the karmic forces within our lives. Use these powerful questions as you seek to unfold the mystery of the transits.

*Who* am I?

*What* are the karmic forces in my life?

*Why* is the karma manifesting at this time?

*When* will the karma manifest?

*Where* will that karma manifest?

*How* strong will that karma be?

*Which* technique will be most effective to soften the karma?

Esoteric Kriya Astrology teaches that karma is never a punishment. It reveals a law that helps you to gain greater awareness of yourself and the universe. It reveals why the world is as it is. Through deep meditation on the horoscope (the Bharva Chakra), the full mystery of Life is revealed.

May the Powers that Be bless you and steady your mind that you might gain knowledge of this ancient and sacred science.

May the Powers that Be bless you with a kind, wholesome heart and a clear, stable mind that you might see truthfully.

May the Powers that Be bless you, so you might transcend your self-generated karma and be able to help all life forms.

Shanti and Prem

G. Kriyananda



### STUDY QUESTIONS – LESSON ONE

1. What is the definition of a transit?
2. What is the first Cosmic Law of Astrology?
3. How do you locate the position of a transiting planet?
4. On what four levels can a transit be interpreted?
5. What is the significance of the transiting Mars?
6. What two factors in the natal chart influence how a specific transit manifests and where the planetary energy will be released?
7. What is the second Cosmic Law of Astrology?
8. What determines the intensity and duration of a transit?
9. What is a window of activity?
10. What two planets never go retrograde?
11. How do you determine the force of an aspect?
12. How does character influence the effect of a transit?
13. Which aspect is considered the strongest, and why?
14. Why is your destiny in your hands?
15. What are the seven rays of discernment?

