

June 10, 2020

Embodiments of Divine Souls,
My most Beloved Children,



The month of May 23 through June 21 (IST) is called the **Jyeshtha Maasam** according to the lunar calendar. Negative effects on some of the moon signs will be eliminated during this entire month of Jyeshtha. What are the best practices in order to yield good results during this special month?

Read and follow and try to follow the recommendations.

Shloka: **“Arogyam bhaskarad ichcheth”**

Meaning as per the Vedas:

“Human being’s health is completely embedded in the early morning sun’s rays. So early morning worship to the Sun God (Surya) is very essential”.

It is also explained in the Vedas that the radiance in the sun’s cosmic rays change every month just as the colors in the cosmic rays also change.

To confirm these findings in the Vedas, a team of experts from the University of Colorado visited the beautiful city of Kashi (also known as Varanasi, Banaras, Benares), where twelve idols of the Sun God have been installed in twelve different temples in twelve different places in the city. For twelve months, the team examined the sun’s rays falling on the idols and were astonished to see the change in colors of the sun rays every month. They all agreed that the Vedas are correct.

As explained in the Vedas, the twelve idols installed in Kashi have been given twelve names according to the change in colors of the sun's rays during the twelve months. The names are listed below:

1. Om mitrāya namaḥ	7. Om hiraṇya garbhāya namaḥ
2. Om ravaye namaḥ	8. Om marīcaye namaḥ
3. Om sūryāya namaḥ	9. Om ādityāya namaḥ
4. Om bhānave namaḥ	10. Om savitre namaḥ
5. Om khagāya namaḥ	11. Om arkhāya namaḥ
6. Om puṣṇe namaḥ	12. Om bhāskarāya namaḥ

Surya Namaskar Shloka

**“ADITYASYA NAMASKARAAN YE KURVANTI DINE DINE
JANMAANTARA SAHASTRESHU DARIDRYAM NOPAJAYATE”**

Meaning:

When one performs Surya Namaskaras early in the morning and exposes oneself to the early morning sun rays, one is untouched by poverty for many, many lifetimes and attains good health and wealth.

When the early morning sun rays enter the human body during this month, it helps improve physical ailments and mental unrest.

Chant daily the mantra “OM SURYAYA NAMAḤ” during the month of Jyestha.

The Impact of the Transitioning Planets for each “Moon Sign”
during the month of Jyeshtha (May 23 to June 21 [IST])

Raasi (sign)	Nakshatra (Birthstar)	Effects and Remedies
MESHA RAASI (ARIES)	Ashwini —1,2,3,4 Paadas Bharani — 1,2,3,4 Paadas Krithika — 1st paada	<p>You will overcome some persistent problems and you will experience peace and happiness. In order to maintain peace and harmony and to obtain Goddess Lakshmi's blessings for wealth, chanting the following mantra 108 times everyday day during this entire month of Jyestha will be highly beneficial. Health, wealth, peace and harmony is granted.</p> <p>” OM SRI RAJA MAATHANGYI NAMAH”.</p>
VRUSHABHA RAASI (TAURUS)	Krithika — 2,3,4 Rohini — 1,2,3,4 Mrigasira — 1,2	<p>One has to control ones's anger and control making hasty decisions. One has to work in harmony with others to smoothly complete any task that you undertake. There will be financial growth during this period. For a balanced life and mind, personal progress and growth, chanting the following mantra 108 times every day during this entire month of Jyestha will bring good luck.</p> <p>“SRI RAMA, JAYA RAMA ,JAYA JAYA RAMA”</p>
MIDHUNA RAASI (GEMINI)	Mrigasira — 3,4 paadas Aarudra — 1,2,3,4 Paadas Punarvasu — 1,2,3 Paadas	<p>Long distance travel will happen. Be careful and pay more attention to your children. Lord Shiva Rudra Abhishekam should be performed. To relieve yourself of the mental unrest caused by your children, donate 2 kgs of Black gram (black urad daal). Chanting the following mantra 108 times every day during this entire month of Jyestha and maintaining complete silence will protect you from embarrassment and humiliation.</p> <p>“OM NAMAH SHIVAYA, SHIVAYA NAMAH OM”</p>

<p>KARKAATAKA RAASI (CANCER)</p>	<p>Punarvasu — 4th Paada Pushyami — 1,2,3 Paadas Aaslesha — 1,2,3,4 Paadas</p>	<p>As soon as one is aware of the changes happening around them due to the signs and stars, one changes or adjusts to the situations accordingly. You will be rewarded with promotions and all your hard work will be recognized. This is a very good time for you however, be mindful of your spending habits as your expenses will increase this month. Be extra cautious and careful while traveling. Chanting the following mantra 108 times every day only in the morning during this entire month of Jyestha will be beneficial.</p> <p>“OM RAM SRI RAMACHANDRAYA NAMAHA”</p>
<p>SIMHA RAASI (LEO)</p>	<p>Magha — 1,2,3,4 Paadas Pubba — 1,2,3,4 Paadas Uthara — 1st Paada</p>	<p>Anger, concealment of truth, irritation, and hasty nature should be controlled to avoid negativity as you are already facing burdens and tensions. Performing Shiva Abhishekam every day during this entire month will reduce these effects. Be gentle and generous. Try to maintain complete silence even when provoked to talk. Donating 2 kgs of Black channa daal on the 4 Saturdays of this Jyestha month will help you. Waking up before sunrise and chanting the following mantra 108 times everyday along with chanting “ADITYA HRYUDAYAM” before sunrise during this entire month of Jyestha will give you immense strength and courage.</p> <p>“OM SURYAYA NAMAHA”</p>

<p>KANYA RAASI (VIRGO)</p>	<p>Uthara — 2,3,4 Paadas Hastha —1,2,3,4 Paadas Chitta — 1,2 Paadas</p>	<p>The expenditure is high at 11 while your income is very low at 2, so be very careful with your finances during this month. Due to the influence of Saturn (Shani) you will face more issues which is at 7 while gaining less respect which is at 4. To reduce the negative impacts of this and also to improve your health, perform Shiva Abhishekam and Shiva Homam. Light a lamp made with a red cotton wick and ghee in at and offer to Lord Subramanya and circumambulate Lord Subramanya 11 times. Chanting the following mantra 108 times every day during this entire month of Jyestha will eradicate many of the doshas.</p> <p>“OM SRI GANESHAYA NAMAH”</p>
<p>THULA RAASI (LIBRA)</p>	<p>Chitta — 3,4 Paadas Swathi —1,2,3,4 paadas Visakha — 1,2,3 Paadas</p>	<p>You will experience quite a lot of mental unrest. Worshipping Lord Hanuman with 108 Betel leaves will reduce the impacts. You will gain strength from Jupiter (Guru) and by performing Lord Shiva pooja, reciting Shiva Ashtakam, chanting Lord Shiva's panchakshari mantra and circumambulating around Lord Shiva, you will attain the grace of Lord Shiva for good health. Performing Arunachala Shiva Yajnam will protect you from negativity. Chanting the following mantra 108 times every day only in the morning during this entire month of Jyestha will grant you peace and harmony and wealth.</p> <p>”OM NAMAH SHIVAYA”</p>
<p>VRUSCHIKA RAASI (SCORPION)</p>	<p>Visakha — 4 th Paada Anuradha — 1,2,3,4 Paadas Jyestha — 1,2,3,4 Paadas</p>	<p>You should donate black sesame balls (laddus) during the Jyestha month in order to avoid the deep impacts of any unanticipated and unexpected obstacles. You should chant Shiva Ashtotharam (108 names of Lord Shiva) and perform Shiva poojas every day during this month. You need to control your anger. Chanting the following mantra 108 times everyday only in the morning during this entire month of Jyestha will protect you.</p> <p>“ OM ARUNACHALA SHIVAYA NAMAH”</p>

<p>DHANU RAASI (SAGITTARIUS)</p>	<p>Mula — 1,2,3,4 Paadas Purvashada — 1,2,3,4 Paadas Utharashada — 1st Paada</p>	<p>To overcome and resolve your long term complex and persistent problems, you should perform Devi Pooja and Shiva Rudrabhishekam with sugarcane juice. Performing Chandi Homam also is very beneficial for you. You will attain the grace of Divine Mother. Chanting the following mantra 108 times every day in the morning during this entire month of Jyestha will bring abundant peace, health, wealth and happiness.</p> <p>“ OM SRIM MAHALAKSHMIM SARANAM NAMAHA”</p>
<p>MAKARA RAASI (CAPRICORN)</p>	<p>Utharashada — 2,3,4 paadas Sravana — 1,2,3,4 Paadas Dhanishta —1,2 Paadas</p>	<p>Worshipping Surya Bhagavan (Sun God) will protect you from all ill-health. Performing Shiva Abhishekam and Shiva Homam will help reduce financial instability. Offer Godhuma Payasam (cracked wheat pudding made with organic milk and sugar) to the Lord Surya. Chanting the following mantra 108 times every day before sunrise during this entire month of Jyestha will bring peace and good health and you will accomplish your goals</p> <p>“OM SURYAYA NAMAHA”</p>
<p>KUMBHA RAASI (AQUARIUS)</p>	<p>Dhanishta — 3,4 Paadas Sathabhisha — 1,2,3,4 Paadas Purvabhadra — 1,2,3 Paadas</p>	<p>You will face a lot of friction and blame, so stay strong and courageous. Surrender yourself to Lord Shiva. Performing Shiva Homam will burn and eradicate your troubles. Worship and mediate upon Lord Shiva every day without fail. Chanting the following mantra 108 times everyday only in the morning during this entire month of Jyestha will shield you from all troubles and grant you great health.</p> <p>“OM NAMAHA SHIVAYA”</p>

<p>MEENA RAASI (PISCES)</p>	<p>Purvabhadra — 4th Paada Utharabhadra — 1,2,3,4 Paadas Revathi — 1,2,3,4 Paadas</p>	<p>Donating 1 kg Black gram (Black Urad daal) on all 4 Sundays and doing Annadanam to the poor in your name is highly recommended and beneficial during this month. This will bring a lot of peace to the Navagrahas (9 heavenly bodies) and eliminate the doshas associated with them. Chanting the following mantra 108 times every day only in the morning during this entire month of Jyestha will reduce the negative and deep impacts of Saturn (Shani). The mantra will protect and shield you from any upcoming obstacles and hurdles.</p> <p>“OM CHANDRA KALADHARA ARUNACHALA DAKSHINAMURTHAYE NAMAHA”</p>
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