

NAVAGRAHAS

The Swabhava of a Human Being, constitute the Body, Mind and the Operating system within it. To attain this end it has to depend on the Pancha Bhuthas (five essential elements provided to us on this earth i.e. the akassha, air{vayu}, agni {Fire}, neer {water}and bhumi (earth). Through the optimal and progressive utilization of these, the human being is able stimulate the Athma and thereby to generate that power within- known as Athmic energy thereby reaching a state of total self sustenance. This path is the well recognized **SATH- CHITH ANANDHAM**. The ultimate target i.e. Anandham has no negativities and is **Total Bliss or SHIVA**. The Prana ie **Shakthi** has to move through the various Chakras to reach the Sahasra where Shiva is located. This is termed as '**Shiva Shakthi Yukthaha**'.

The body and the mind are subject to the turbulent vagaries of the environment and needs to undergo tremendous stress, in an attempt to reach this ultimate goal of Total Bliss, with the organs that we are born with due to past good or bad karmas. In order to achieve fruitful attainment, various Devathas have been created in the Hindu custom by our erstwhile enlightened Seers. However, in order to reap the full benefits of these Devathas, the human system needs to be purified before assimilating the powers bestowed upon by the Diety. If you pour pure water in a dirty bucket what will happen? It will also become dirty! Similarly, the Blessings of the Lord also become non fructuous when it enters the polluted human system. What is the mode of rectification? Nature comes to the rescue in the form of **Navagrahas**, to not only cleanse the polluted system of a Human Being but to activate and generate more positive power in each individual. These Icons are Vaasthu oriented which enable absorption of the vast cosmic energy, and reflect / refract them in the proper form i.e. wave length /harmonics to renovate the working system of the Devotee standing in front of them, so that he/she could fully enjoy the Supreme Blessings of the Deity concerned. Thus it is essential that all temples should install these Navagrahas. These Navagrahas operate holistically to modulate the complete operating system of a depleted person to rejuvenate it and create a stage for more enjoyable and stable life to oneself and to others. The Navagrahas are directional in nature as shown below:-

	WEST			
	RAHU	SATURN	KETU	
SOUTH	MARS	SUN	JUPITER	NORTH
	MOON	VENUS	MERCURY	
	EAST			

It is well known that walking to buy a commodity and a morning walk, both fall under the same category of walking, the former depletes energy while the latter builds up health. Similarly, the journey of Life through the days in the week, represented in that order by Sun, Moon, Mars, Mercury, Jupiter, Venus and Saturn utilizes ones inherent energy resources. In order to revitalize oneself through the congenial flow of energy from the Mooladhara, Swadhishta, Manipura, Anhatha, Vishudhi, Jyan and thereon to the Sahasra chakra, the pradikshna (parikrama) should be in the order Sun, Moon, Saturn, Kethu, Jupiter, Rahu, Mars, Venus and Mercury .The pradhakshina should be only clockwise and complete for each Graha.As the Grahas are directional oriented, it would therefore be necessary to perform **fourteen (14)** pradhakshinas starting from Sun, with due sincerity, before seeking the Blessings of the Deity concerned. This would ensure optimum absorption within the human system of the Divine fruits bestowed by the Deity.

Sun:-The Sun is the energy provider through the composite cosmic radiation of white light, for the functioning of the human system. It is with this force that the Athma takes its physical form in the fourth month of pregnancy. The presiding Deity is Surya Narayana - the one to lift you to the realms of steadfast happiness.

***Japa Kusuma sankasam, kashayapeyam mahadyuthim I
Thamorim sarva papaghnam, pranathosmi Divakaram II***

I bow to that Lord Surya, the supplier of the supreme ingredient for sustenance of all living Beings i.e.. Blood, and thereby provide strength to overcome various bottlenecks in the journey of Life.

The Sun, facing east is located in the centre of the conglomeration of navgrahas known as the "The BRAMASTHANAM ". Its pradhakshina in the fourth month of pregnancy of a woman would ensure healthy heart and muscular system of the child.

Moon: - It is well known that the centrifugal forces of the Moon have immense effect on the tidal formations of the voluminous sea. The human system consists of 80% fluid and is therefore subject to vagaries of the waxing and the waning moon in its operational functions. The Moon governs the Mind. Lord Shiva is the presiding Deity. The Icon facing west, absorbs the high energy content of the setting Sun, modulates it to the soft and pleasant orange radiation, which energizes the nervous system and induces stability in the working system of the human being. Pradhakshinas of this deity by a pregnant woman, in the 5th and 8th month, ensures radiant and sensitive skin for the would-be child.

Dhathi shanka thusharabam, skirodharnava sambhavam I

Namami Shashinam Somam, Shambho Mukutabhooshanam II

I bow to the Moon, who is full of pleasantness, a sea of milk, the energizer

And controller of the system and resides within one's skull.

Mars: - This Icon faces south. Mars greatly influences the dynamism of all earthly beings. It is the product of collision between the Earth and the Lord, when the former regretted that there was lack of dynamism within it and prayed to the latter for absolving it of the same. Its presiding Deity is Lord Kartikeya / Murugha. It is allotted the number 9 in numerology, which falls outside the life journey indicated between 1 to 8. It is unique in that the sum of any number multiplied by it returns to 9. Obviously it represents the Athma which is indestructible and gets impregnated in the conceived woman. Pradhakshina of this Graha ensures proper hardening of the embryo in the 2nd month of pregnancy. It also helps in controlling the menses cycle of a female.

Dharani garbha sambhootam, vidhyuth kanthi samaprabham I

Kumaram shakthi hastham, tham Mangalam pranamamyaham II

***I bow to Lord Mars the giver of constructive energy, ability to absorb the
divine blessings of the mother and the sustenance of continued***

Dynamism both physical and mental.

Mercury:- Its position in the concord of planets is either North-east or east. The Presiding Deity is Goddess Saraswathi. Daily pradhakshinas of this icon would enable everyone and especially children to acquire strengthen their nervous system and attain higher intellectual powers. Vishnu Sahasranaman recited after pradhakshina of this graham on Wednesday further enhances the absorption of these powers so much needed by one and all. This Icon absorbs the green radiations of the glowing Sun and transmits it to the devotee, which is the essence of intelligent growth of human kind.

Priyangum kalikashyamam, rupenaaprathimam budham i

Sowmyam sowmyagunopetham, tham Budham pranamamyaham II

***I bow to Lord Budha, the achiever of desired targets, giver of the ability
to investigate intelligently and reach the higher realms of Gunas.***

Guru :- The acquirement of knowledge alone does not suffice. Its constructive use at the proper time is essential. The art of segregation of acts from the doer, known as Wisdom needs to be cultivated. To enable this, it essential that the blood flow to the brain needs to be non turbulent and this in turn is achieved through the Juptorian yellow/orange radiations that emanate through the Guru Icon. These radiations fall in the positive middle half of the visible radiation and remove the palpitations in the samana region of the Manipura chakra, thereby enabling the easy movement of the Prana towards the Sahasra chakra where Shiva exists. In other words clarity of thought ensues. The presiding Deity is Lord Dhakshinamoorthy.

*Devanancha rishinancha gurum kanchana sannibam I
Budhibootham thrilolkesam, tham namami Brihaspathim II
I bow to the Lord Brihaspathi, the one who makes one shine amidst the
greatest of the great and giver of the highest intellect.*

Pradhakshina of this graham by a carrying woman in the third month of pregnancy when the Head and the Tail of the child is being formed produces an able and intellectual child. It faces north seen as Kubera, in the concord of Navagrahas. What greater wealth than the holistic operation of the body and mind!

Venus: - This Vighraha not only improves the fertility and vitality of both the male and the female, but also stimulates the Shukra Dathu. Thus the marrows within the muscular system get stimulated, resulting in greater Tejas and Bhojasa of the individual. It creates an imaginative and artistic brain leading to the eruption of a great philosopher. The presiding Deity is Goddess Lakshmi, which is wrongly termed as man made money. Lakshmi i.e. Laksha Aham I, meaning the ability for fructification of Constructive Targets in Life is the wealth that Goddess Lakshmi gives. The directional force emanates from the orange radiation from the early morning Sun in the east.

*Hima kundha mrinalabam , dhaithyanam paramam Gurum I
Sarva sashtra pravaktharam, Bhargavam pranammyaham II
I bow to Lord Shukra, who makes me glow like a Lotus, the guru
of the working organs (demons) within me by means of all sashtras.*

Saturn :-The Icon faces the west and the presiding Deity is Lord Hanuman / Dharma Sastha or Iyyappan. It creates Breath and Anjaneya is Vayu putra or breathing. As the large available energy of the Sun Saturn's father, cannot be absorbed directly, Nature has provided us Saturn to convert it to a utility form. It absorbs the immense energy of the setting Sun and transmits it for the use of its devotees. Thus it is the supplier of the Potential energy required for stimulating Gyanam and Karma! Its radiations when transmitted to its devotees helps to absorb harmonics within the human system leading to steadfast thinking and proper implementation.

*Neelanjana samabasam, suryaputhram , Yamagrajam I
Chayamarthanda samsambhutham, tham namami Shaneswaram li
I bow to Lord Sanieswarar, cleanser of the living system, giver of the potential
power for self realization and stimulate enlightenment.*

As Chaya Devi the mother of Shanieswarar, prayed continuously to Lord Shiva during her pregnancy of this child, it attained three drishteers and is the only Graha to receive the title of Eashwarar or giver of Fruitful Boons. Pradakshinas of this planet during the 6th month of pregnancy improves the sensitivity and hair growth of the child within the womb. The use of Thil Deep (light) held in the centre of the palm with the middle finger upright, to this Vighraha especially on Saturdays, absorbs turbulence in the working system of the human beings and bestows clarity of vision.

Rahu and Kethu :- In the concord of planets, we observe that the two mundane planets Rahu and Kethu flank either side of the Athma shakthi karakan Sani and are the only vighrahas with folded hands, facing south. As already stated the human system consists of 70% fluid the operation of which is guided by the movement of the moon from No moon to Full Moon and back. The meeting point of the axis of the projected rays of the Sun and the Moon upon the earth are the points of optimal vibrations. As the moon's orbit is tilted with respect to that of the earth, two such points arise and are known as Rahu and Kethu. They govern the working of the arteries below the two thighs, together with the Ida and the Pingala nadis. Thus Kethu and Rahu stimulate the knowledge and implementation processes respectively. The Jyan chakra or pituitary system is the absorbing location of the vibrations of Kethu while that of Rahu is through the glands and veins connecting it to the pineal system. Their importance could easily be appreciated. These two Icons provide immense power to the individuals to modulate oneself. Kethu leads us to the attainment of wisdom through Jupiter and Rahu to constructive implementation through Mars.

They are well defined as follows:-

RAHU:-

Ardha kaayam, mahaveeryam, Chandra adhithya vimardanam I

Simhika, tham Rahum pranamamyaham II

I bow to Lord Rahu, born in the womb of Simikha, who bestows the ability to stimulate the two systems i.e. the garbha sambootham Mind and Body and the giver of powers of self realization.

KETHU:-

Palasha pushpaha sangasham, tharakka graham asthakam I

Rowdrum rowdra athmacam goram, tham Kethum pranamamyaham II

I bow to Lord Kethu, through which I am able to absorb the vast comic powers and who is able to bestow upon me the ability to self analyse even through strenuous means.

The presiding Deities for Rahu and Kethu are Goddess Durgaha and Lord Vinayakar respectively.

Navagrahas have been termed as PARAMA PURUSHAHA by Lord Shiva Himself. Purushaha are those that can holistically operate the body and mind. A Parama Purushaha is one that can transmit this

Capability to others and convert them into a PURUSHAHA. Indeed a Valuable treasure to Humankind. Havans (homams) performed to the Navagraha with the following gayatri and suffixed with Swadha Swahaha , using proper ingredients prescribed , are known to give miraculous benefits to devotees.

Navagraha Gayathri

1. Om Ashwadwajaya vidhmahey, Pashahasthaya dhimahi, Thanno Suryaha prajodhyath I
2. Om Padhmadwajaya vidhmahey, Hema Roopai dhimahi, Thanno Somaha prajodhyath II
3. Om Vrishba dwajaya vidhmahey, Granihasthaya dhimahi,Thanno Guruha prajodhayath II
4. Om Ashva dwajaya vidhmahey, Dhanur hasthaya dhimahi,Thanno Shukraha prajodhayath II
5. Om Kakadwajaya vidhmahey, Kadhgahasthaya dhimahi, Thannao Mandhaha prajodhayath II
6. Om Nagha dwajaya vidhmahey, Padhma hasthaya dhimahi,Thanno Rahuha prajodhayath II
7. Om Kakadwajaya vidhmahey, Kadhgahasthaya dhimahi, Thannao Mandhaha prajodhayath II
8. Om Nagha dwajaya vidhmahey, Padhma hasthaya dhimahi,Thanno Rahuha prajodhayath II
9. Om Ashva dwajaya vidhmahey, Shula hasthaya dhimahi, Thanno Ketuhu prajodhayath II

Though emphasis has been given for utilization of Navagrahas for pregnant woman to enable production of capable children for the future generation, the benefits equally accrue to the present generation too.

Aa Sathomam , Sath Gamaya II
Thmosoman , Jyothir Gamaya II
Mrithyormam , Amritham Gamaya II
Om Shanthi Shanthi Shanthihi II

-----May The Lord Bless One And All -----

