

## **FOR SATURN** - (Shani)

Mantra:

A mantra is a combination of sounds that have a spiritual meaning. By voicing these sounds (preferably loud and clear, but they can also only be voiced in your head) we can tune into the energy of a certain planet. To have any effect, you should do this regularly for a defined time.

Mantras:

OM SHAM SHANAYE/ SHANAISCHARAYA NAMAHA

OM NAMA SHIVAYA

To be chanted 108 times on saturday

Nee-lanjana sama-basam ravee-putram yema-grajam chaya-martanda sam-bootam tam namahmee sanee-charam.

I bow down to slow moving Saturn, whose complexion is dark blue like *nilanjana* ointment. He is the elder brother of Lord *Yamaraja* born from the Sun-god and his wife *Chaya*.

Here are sound files to the different mantras <http://www.jamesbraha.com/mantras.html>

Attitude to rectify **Saturn**: Ground yourself, walk in the forest and stamp your feet, visualise your feet having roots going deep into the ground, pay attention to how you spend your time, budget your time, work a lot, discipline yourself, clean your house, do simple basic things, pay attention to the food you eat, have your meals at regular times, rise and go to sleep at regular times, clean out closets, rid yourself of needless possessions.

Day: saturday

Color: purple, black, dark blue

Stone: blue sapphire, amethyst, lapis lazuli, blue zircon, Tanzanite (blue zoisite), blue spinel, iolite

To wear on middle finger

It is advisable to follow a ritual before you wear a stone for the first time. A ritual gathers the energy. It is also good to clean the stone (to wash it) and whilst you are putting it on, to concentrate on the reason for doing so.

Finally, it is a good thing to remember that a stone and each finger represent each day of the week. It would be preferable, to start wearing the stone at the appropriate day of the week, and to wear it on the appropriate finger.

## **MANTRA FOR THE SUN (surya)**

### **mantra:**

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OM SUM SURYAYA NAMAHA

OM SAM SAVITRE NAMAHA

To be chanted 108 times on sunday

*Japa koosooma sankarsham kashya-peeyam maha-jutim, tamorim sarva pahpagnam pranato smee deevahkaram.*

Let us chant the glories of the Sun god, whose beauty rivals that of a flower. I bow down to him, the greatly effulgent sun of *Kasayapa* who is the enemy of darkness, and destroyer of all sins.

Here are sound files to the different mantras <http://www.jamesbraha.com/mantras.html>

Read a book about assertiveness or do an course in assertiveness, fill a leadership position, meditate on what you want in life, make a plan to achieve your goals, spend more time outdoors and in the sunshine, be aware of the rising and setting of the Sun, spend time in bright rooms.

Day: sunday

Color: yellow, orange, red

Stone:red ruby red garnet, red spinel, red tourmaline (rubellite), pink jade, corundam, garnet

To wear on the ring finger (right hand)

It is advisable to follow a ritual before you wear a stone for the first time. A ritual gathers the energy. It is also good to clean the stone (to wash it) and whilst you are putting it on, to concentrate on the reason for doing so.

Finally, it is a good thing to remember that a stone and each finger represent each day of the week. It would be preferable, to start wearing the stone at the appropriate day of the week, and to wear it on the appropriate finger.

## **FOR MERCURY (budha)**

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OM BUM BUDHAYA NAMAHA

To be chanted 108 times on wednesday

*Preeyangava guleekash yam roopeyna prateemahm budam, sowmyam sowmya goono-peytam tam boodam prana-mahm mya-ham.*

I bow down to *Buddha*, god of the planet Mercury, whose face is like a fragrant globe of the *priyangu* herb and whose beauty matches that of a lotus flower. He is most gentle, possessing all attractive qualities.

Here are sound files to the different mantras <http://www.jamesbraha.com/mantras.html>

Attitude: Visit a library, read a book or do a course in effective communication, support an educational organisation, meditate regularly to will help calm your mind, slow down and take it easy, spend time in nature, avoid too much tv since this will cause unrest, listen to relaxing music, begin keeping a journal, engage in sports that require dexterity, play a stringed instrument.

Color: green

Day: wednesday

Stone:

emerald, green tourmaline, green jade, onyx, beryl, green zircon, tsavorite, diopside, peridot

To wear on the middle finger or small finger

It is advisable to follow a ritual before you wear a stone for the first time. A ritual gathers the energy. It is also good to clean the stone (to wash it) and whilst you are putting it on, to concentrate on the reason for doing so.

Finally, it is a good thing to remember that a stone and each finger represent each day of the week. It would be preferable, to start wearing the stone at the appropriate day of the week, and to wear it on the appropriate finger.

## **FOR JUPITER** - (Brihaspati)

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OM BRIM BRIHASPATAYE NAMAHA

to be chanted 108 times on Thursday

*Deva-nancha rishee-nancha gurum-kanchana saneebam boodee bootam treelo-keysham tam na-mamee brihas-pateem.*

I bow down to *Braspati*, god of the planet Jupiter. He is the spiritual master of all the demigods and sages. His complexion is golden and he is full of intelligence. He is the controlling lord of all three worlds.

Here are sound files to the different mantras <http://www.jamesbraha.com/mantras.html>

Attitude: Spend more time outdoors, do a course, be critical of gurus because not all gurus are honest, listen to the wisdom inside yourself, think about the goals you want to reach in life and make a plan to accomplish it, watch discovery or travel channel, take a trip, learn a foreign language, learn about foreign cultures, support an educational organisation, attend different churches, synagogues or temples, accept life and be happy, review the role of spirituality in your life.

color: yellow, gold

Day:thursday

Stone: yellow sapphire, gold topaz, yellow jade. yellow beryl, citrine yellow amber, chrysoberyl, yellow quartz

It is advisable to follow a ritual before you wear a stone for the first time. A ritual gathers the energy. It is also good to clean the stone (to wash it) and whilst you are putting it on, to concentrate on the reason for doing so.

Finally, it is a good thing to remember that a stone and each finger represent each day of the week. It would be preferable, to start wearing the stone at the appropriate day of the week, and to wear it on the appropriate finger.

## **FOR THE MOON** - (chandra)

### **Mantra:**

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OM CHAM CHANDRAYA NAMAHA

OM SOM SOMAYA NAMAHA

To be chanted 108 times on monday

### **PRONUNCIATION:**

*Dadee shanka tusha-rabam ksheero darnava sambhavam na-mahmee shasheenam somam samboor mookuta booshanam.*

I offer my obeisances to the Moon god, whose complexion resembles curds, the whiteness of conch shells, and snow. He is the ruling deity of the *soma-rasa*, both from the Ocean of Milk and he serves as the ornament on top of the head of *Lord Shambhu*.

Here are sound files to the different mantras <http://www.jamesbraha.com/mantras.html>

### **behaviour**

relax in a warm bath, meditate, generally relax, examine your feelings and motives for some of your actions, spend time near water, look at photos from your youth, show and share your feelings with other people, do activities which nurture you, pay attention to the moon phases, be nice to women, nurture your plants, care for someone, make a meal

Color: white

Day: monday

Stone: pearl, moon stone

To be wear on ring finger

It is advisable to follow a ritual before you wear a stone for the first time. A ritual gathers the energy. It is also good to clean the stone (to wash it) and whilst you are putting it on, to concentrate on the reason for doing so.

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## **FOR MARS** - (mangal, kuja)

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OM KREEM KUM KUJAYA NAMAHA

To be chanted 108 times on tuesday

PRONUNCIATION:

*Daranee garbha sambootam vidyut-kahtee sama-prabam koomahram shaktee hastam-cha mangalam pranam mya-ham.*

I offer my obeisances to Sri Mangala, god of the Planet Mars, who was born from the womb of the earth goddess. His brilliant effulgence is like that of lightning, and he appears as a youth carrying a spear in his hand.

Attitude: Practise the sport of your choice, express your anger by beating a pillow, do these three things at the same time: breathing, moving and shouting, be careful how you treat other people, dance to Rock, African or Irish music and let yourself go, read some books about assertiveness or do an assertiveness course, avoid procrastination, do whatever is necessary, take action, take up a martial art, dig the garden, chop wood, scrub walls or floors.

Color: dark red, black

Day: tuesday

Stone: blood coral, red tourmaline, red zircon, red garnet, red amber,

bloodstone, carnelian

It is advisable to follow a ritual before you wear a stone for the first time. A ritual gathers the energy. It is also good to clean the stone (to wash it) and whilst you are putting it on, to concentrate on the reason for doing so.

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## **FOR VENUS** - (Shukra)

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OM SHUM SHUKRAYA NAMAHA

To be chanted 108 times on friday

PRONUNCIATION:

*Heema-kunda mri-nala-bam deyt-yanam para-mam gurum sarva-shastra pravak-taram bargavam prana-mam mya-ham.*

I offer my obeisances to the descendant of *Bhrigu Muni* (Venus), whose complexion is white like a pond covered with ice. He is the supreme spiritual master of the demoniac enemies of the demigods and has spoken to them all the revered scriptures.

Here are sound files to the different mantras <http://www.jamesbraha.com/mantras.html>

Attitudes:

Do whatever what makes you feel happy, go to a beautician or beauty farm, get a massage, a manicure or watch a romantic movie, be nice to women, make a piece of art, read books about relationships or get counselling on how to better handle relationships, pay attention to the way you spend money, budget your expenses.

Color: pastels colors, pale blue

Day: friday

Stone: diamond, white sapphire, rock crystal, opal, pink quartz, topaz, zircon, beryl

To be wear on middle finger. Stone cleaning: rose water

It is advisable to follow a ritual before you wear a stone for the first time. A ritual gathers the energy. It is also good to clean the stone (to wash it) and whilst you are putting it on, to concentrate on the reason for doing so.

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## FOR RAHU

mantra:

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OM RAM RAHAVE NAMAHA

to be chanted 108 times on saturday

Arda-kayam maha-viryam chandra ditya veemar-danam seeng-hee-ka garba sambootam tam rahum prana-mam mya-ham.

**I offer my obeisances to *Rahu*, born from the womb of *Simhika*, who has only half a body yet posses great power, being able to subdue the Sun and the Moon.**

Here are sound files to the different mantras <http://www.jamesbraha.com/mantras.html>

attitude:

meditate, take a rest, do not be fooled by the illusions that are all around you, look inside yourself, do not get lost in outer world, do not do anything which has to do with ghosts or other so called paranormal phenomenon, the only real truth you can find is inside of yourself.

Color: red, orange, yellow

Day: saturday

Stone: hessonite garnet, Spessartite, orange zircon and other orange garnets

To be wear on middle finger

It is advisable to follow a ritual before you wear a stone for the first time. A ritual gathers the energy. It is also good to clean the stone (to wash it) and whilst you are putting it on, to concentrate on the reason for doing so.

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## **FOR KETU** -

mantra:

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OM KEM KETAVE NAMAHA

To be chanted 108 times on saturday

*Palasha-pushpa-sankasham taraka-grahu masta-kam rowdram row-drat makam goram tam keytoom pranamam mya-ham*

I offer my obeisances to the violent and fearsome Ketu, who is endowed with the potency of Lord Shiva. Resembling in his complexion the flower of a *palasa* plant, he serves as the head of the stars and planets.

Here are sound files to the different mantras <http://www.jamesbraha.com/mantras.html>

Attitude: meditate, take a rest, do not be fooled by the illusions that are all around you, look inside yourself, do not get lost in outer world, do not do anything which has to do with ghosts or other so called paranormal phenomenon, the only real truth you can find is inside of yourself.

Color: grey

day: saturday

Stone: cat eyes, apatite, fibrolite, tourmaline cats eyes.

To be wear on middle finger

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