



# Yoga of the Planets: Their Mantras and Philosophy

*Andrew Foss PhD*

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## **Yoga of the Planets: Their Mantras and Philosophy** Andrew Foss PhD

This book has many uses. In itself it is a meditation. You can enjoy and benefit without any special prior knowledge. There are insights into astrology but the main focus is enlightening the consciousness and providing a rebalancing of the energies represented by the planets. This will happen automatically as one reads through the mantras and their commentaries. There are 108 names expressed as mantras for each of the nine planets used in Vedic Astrology. These mantras activate the positive values of the planet throughout the Zodiac. For the first time ever, the mantras are listed with translation and commentary. Even if you only read the commentaries, you will get some of the benefit. If the planet is weak or afflicted, then this acts as a remedy. If it already strong, this helps to enliven its full potential. Easy techniques are also given that will allow you to find out which of the mantras will especially enliven your personal chart and, hence, have the greatest benefit for you. There is also a bonus section at the end which, for the first time, explains the sequence and lengths of the famous Vimshottari Dasha and gives new insights into how to interpret them. This system of prediction is so remarkable that even Western Astrologers often use it.

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