

Shazam!

Ancient Vedic Spiritual Tricks to Ramp Up Your Love Life



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By Carol Allen, Vedic Astrologer and Relationship Coach

If you're a spiritual seeker looking for love, odds are you've heard of a few "New-Age" suggestions that can help...

Visualizations, affirmations, building a love altar, Feng Shui, calling your dream lover to you in meditation, subliminal love CDs, writing your "perfect partner" list, and more have become well-known and well-publicized ideas in the last few years.

I've worked with tons of clients who have tried them all, and many of them have enjoyed great results.

I'm a fan of doing anything that feels right, and helps you take positive action to support yourself, and solidify the commitment you've made to making your dreams come true.

What you may not know, is that ideas that form the basis of the Law of Attraction and the practice of speaking affirmations both seem to have originated in ancient India. (Check out Patanjali's *Yoga Sutras* and you'll see what I mean.)

There is a branch of knowledge in Vedic astrology dedicated to helping people improve or heal their lives through the use of remedial measures known as "Upayes." These include many spiritual practices such as the reciting of mantras and the performing of spiritual ceremonies, etc. So, when you see an astrologer, it's not simply the task of the astrologer to read your chart. It's also their job to prescribe the best remedies for you.

There's much controversy and disagreement as to which remedies are best, how they should be done, and who should do what. If you were to go to ten different Vedic astrologers and ask them for their advice regarding remedies, you'd likely get ten different answers.

It's challenging for the average astrologer to know what to think – to my knowledge, there's never been a “blind study” or research into the success or viability of such methods. And some astrologers think there can even be negative karma associated with prescribing the wrong remedies, or having them be wrongly carried out, etc. so many don't get into this “remedy prescribing” stuff at all.

That said, I've had some wonderful results with remedies and have some suggestions based on my personal experience of many years and that of my clients and colleagues.

So, below I will strive to share a few ideas that you may find helpful in your quest for love and partnership. Do what feels right for you, experiment, and leave the rest.

If none of the following appeals to you – that's fine, too. I started this with the “love campaign” information because I honestly think that's more important than anything else you can do, and will improve your life the most. Healing your own heart, connecting more with others, raising your own level of love in your life, etc. is more powerful than any ritual you can do or gemstone you can wear.

It's said that when the Buddha was asked what the most powerful thing was that one could do to improve their karma he said, “Give to others. Perform service.” (And this was at a time and place in history when religious rituals were considered daily requirements for living.)

As with everything in life, sometimes what we think we want is not what we need. A remedy may help you but not in the way you would have wished, expected or guessed.

If it's not meant for you to find a big love now, for example, a remedy won't change that – but will instead take away the suffering and pain of not having one. In other words, it will bring acceptance and peace about it, but not the desired or intended outcome.

(And I don't need to tell you – a sad and lonely single will feel a miracle has occurred if they suddenly discover they're no longer in pain, and are happy anyway...)

That said, here are some recommended means of raising your “love vibes...” I've put them in order of my preference and experience.

But before we get to the Vedic suggestions, here's my all-time favorite from any path or point of view:

Go on a love campaign...

My biggest spiritual suggestion if you want more love in your life is to go on a “love campaign” (also known as a “mission of love”) and bring more love to everyone you encounter.

Smile at strangers, extend yourself to friends, do favors for your neighbors, internally bless and thank everyone you meet, etc. Try to become more of a “you first” person, and get out of the suck-hole of your “small” self.

This isn’t for others, though it may seem like it. This is for YOU. As humans, we’re designed to do good and be in close relationships and part of strong communities. We’re literally built for it!

The more we touch, connect to, and serve others, the happier and healthier we are, the longer we live, the stronger our immune systems, etc. (I’m sure you’ve heard the study that says we all need a minimum of four hugs a day...).

This is not just my opinion – this has been proven by social scientists and medical studies over and over...

Not only that, but if we’re to believe in the idea of karma at all, then this “bringing more love to others” stuff will bring more to you – because that’s the law of karma in action. “That which ye sow is that which ye reap.” The more you give, the more you get. (Think of it as “self-motivated altruism.”)

There’s another benefit – the more love you have in your life from friends, coworkers, neighbors, and strangers at your local coffee shop, etc. the less needy and lonely you’ll be in your “love mission” This will help you hold out for a relationship that’s truly good for you and keep you from accepting anything less than the right thing. But you already knew that...

As for your “small” self, go on a “love campaign” with yourself, too. Be kind to yourself. Know that at all times you’re doing the best you can with the tools – internal and external – that you’ve got. And so is everyone else. If you’re falling short of your expectations in life, do what you can to improve and get support – but give yourself a break. We’re all enormously hard on ourselves and beat ourselves up all day long with those thousands of negative thoughts we’re wired to have.

For most of us, if we spoke to a child the way we talk to ourselves, we'd be hauled off to jail!

And then we wonder why we can't be our best selves with others... or why we can't trust others (because, really – we can't even trust ourselves!).

So, treat yourself the way you'd treat an innocent, helpless child you love very much – with great care and tenderness.

The next thing I suggest to help shift your single status is to start relating to your dream partner as though he or she were in your life right now. Recognize that they are a real, living, breathing person right now, even though you don't know them yet. They won't suddenly "come into being" the moment you meet them – they're having a life right now.

No kidding - at this very moment the person meant for you is doing something - eating, sleeping, working, talking on the phone, out with friends, etc. They may be in a relationship or married to someone else (for now). You don't know yet, do you?

Every day send positive energy their way. Pray for them. "Feel them" and send them love. On holidays or special occasions, think of them and wish them well. It sounds hokey, but it will get you more ready to meet and receive that special person in your life when the time is right.

And now, without further ado, what an ancient Vedic astrologer would tell you to try, to help you "heal your karma" and find the love you seek.

I've put them in order of my preference and experience...

1. Mantras

"The power of mantras comes not from the meaning of the syllables, but from their direct vibrational effect on our body's physiological and energetic systems." - Thomas Ashley-Farrand, Vedic priest and author of numerous books on Sanskrit mantras including *Healing Mantras*, www.sanskritmantra.com.

According to the late, great Thomas Ashley-Farrand, who was one of the leading experts on mantras in the West, all mantras are to be spoken, sung, or even better, *thought* at least 108 times in the morning and evening.

To see results, you need to perform them regularly over a period of time – much like taking medicine or herbs when you're sick. The more pain or trauma related to an area you're chanting for, the longer it's recommended to do so.

In his many books, seminars, lectures, and recordings, he suggests that you do a mantra for at least forty days. It's okay to do more than one as long as you do one at a time, as in... one for love 108 times followed by one for a specific planet 108 times.

Mr. Ashley-Farrand recommended having them going in your head all day long, while driving, walking, cleaning, exercising...whatever you're doing. I do them while walking my dog.

The important thing is your intention. Mantras are essentially prayers, and you want to have an attitude of gratitude and reverence. You're calling on this "energy" to align more with yours, and to help your life. Mr. Ashley-Farrand says they literally work on your energy systems (your chakras).

It's also important to have the correct pronunciation. He has wonderful CDs on his website if you feel it necessary to hear them at www.sanskritmantra.com. I have written them phonetically below.

There are tens of thousands of mantras from ancient India. Below I have simply included a handful that relate to the topic of relationships. If you find results with this and want to know more, I encourage you to learn more and perform mantras for all areas. The results I've seen of mantras for health and depression have been especially inspiring...

ॐ Mantra to remove obstacles: This mantra is done first before any other to clear the path for the other mantras to work.

Om Gum Ganapatayei Namaha

(pronunciation: Ohm Guhm Guh-nuh-puh-tuh-yay

Nahm-ah-ha)

ॐ Mantras for love, to find the ideal other:

When seeking a woman:

Om Shrim Shriyei Namaha

(Ohm Shreem Shree-yay Nahm-ah-ha)

When seeking a man:

Sat Patim Dehi Parameshwara

(Saht Pah-teem Day-hee Pah-rah-mesh-wah-rah)

ॐ Mantra for Venus, the planet of love and marriage:

Om Namah Shukraya

(Ohm Nahm-ah Shook-rye-ah)

ॐ Mantra for Jupiter, the planet of husbands (and blessings of all kinds):

Om Brihaspataye Namaha

(Ohm Bri-hah-spah-tah-yay Nah-ma-ha)

2. Spiritual ceremonies

Also called yagyas or pujas (fire ceremonies), these must be performed by Hindu priests at Hindu temples. You can be present, or you can have one done for you from afar without attending. (They're very beautiful and fascinating if you have a chance to be there.)

Sometimes you need to bring your own things needed for the ceremony, such as flowers, fruit, incense, etc. Be sure to ask for instructions when you contact a temple.

Also, you'll need to give the priest the name of your Moon star, called your Moon nakshatra, and that of anyone else you're doing the ceremony for. To discover this, run charts on my "chart creator page" at www.loveinthestars.com/chartcreator and see the

graph below the chart. Be sure to tell the temple and officiating priest your intention for having the ceremony and your desired outcome.

I recommend what's called a "nine planet fire ceremony" or Navagraha Homa to help your life in general. For years I've done this on my birthday with lovely results.

I've also had great success with simple ceremonies for one planet at a time. When I lost a cat, for example, I had a ceremony performed for Mercury – the planet of pets. The priest was amused by the request and the temple secretary had never heard of such a thing and had no idea if it would help me. Within two days the cat that had been missing for three weeks was found alive and well.

So – for love and marriage, request a ceremony for Venus and Jupiter.

It's also common to have a ceremony done for Lakshmi, the Hindu deity associated with abundance of all kinds. If you should want to do more, ask the temple secretary or priest for their recommendations.

For Hindu Temples in the U.S. see my list of recommended resources at the end of this report.

A word of caution – I've heard of ceremonies being extremely expensive – even thousands of dollars. This is not necessary. Some Hindu organizations charge high fees and then share the monies with charity groups. Unless this is your intention, I suggest you not spend more than \$200 U.S. for a ceremony – the ones for a single planet at a time are typically under \$100 U.S.. So be careful – a more expensive ceremony does not mean you'll have more results.

3. Charity

Again, even the Buddha said the best way to help your karma and better your life is to serve others. So, in the area of love and partnership consider giving to charities that help others in this way – women's shelters, homeless organizations, families in need, etc. are a great place to extend your time or resources.

If it's true that "we get what we give," then helping others with their love lives, too – playing "matchmaker" for your friends, offering support to others after a breakup or heartbreak, etc. can only be good for everyone – especially you!

4. Gemstones

This is probably the most controversial area of remedies. There are so many different “camps” on this topic that all swear they are right. One camp says to wear a gemstone of a weak planet in your chart to make it stronger. Another says to wear a gemstone of your best planet to make it have more influence over your life. Others say to wear a gemstone of the worst planet in your chart to “appease” it, and help it find favor with you.

One theory is that a gem has to be precious and at least a karat in size, worn on a certain finger associated with a specific planet. Another theory says that semi-precious stones can still have the desired effect, and that all that matters is they touch the skin anywhere on the body – even if not on the hands or fingers at all.

Again, as an astrologer this is very frustrating. Who is right? What should we tell clients? Is it all bogus?

When it comes to reading an astrology chart, there are numerous writings in classic, ancient books to support all of our techniques and tools. But in the case of gems, there is almost nothing in Vedic astrological texts that even so much as mentions them, and the few that do, do NOT specifically correlate gems to an individual’s horoscope other than to mention gems that can be helpful for certain “transits” a chart is experiencing.

(In other words, you’d wear a certain gem temporarily to make that transit – the influence from the motions of the planets as they travel through the zodiac in relation to your chart - go more smoothly.)

Not only that, the whole “birth stone” idea has no astrological merit whatsoever. It’s long been the tradition that each month is assigned a gemstone and that anyone born during that month should wear that gem for healing and upliftment.

It’s believed that the effects are extra strong if worn during the month in question... January is the month of garnet, April is the month of diamond, August is the month of peridot, and so on. The origins of this includes many sources - various Roman texts, Bible quotes, Ayurvedic principles, Tibetan customs – and, again they mostly disagree with one another.

For centuries, jewelry companies all over Europe have had different lists of birth stones. Finally, Tiffany Jewelers officially declared their list in 1912 which is the one

most followed to this day. (Hmmm... an excellent marketing idea, eh?) So don't wear your birth stone for any other reason than that you like it!

The upshot? If you can experiment with gems, that's the best idea. Wear gems that make you happy and see how it goes. My teacher and friend, Vedic astrologer Ernst Wilhelm, was blessed to live with a jeweler for a while who let him loan gems to clients to "try out." He swears he only saw significant results with people's health issues – not their love lives. (I've seen great results with things like insomnia and nightmares, for example.)

5. Vedic hymns

I have no experience with this but have heard good things. These are musical compositions written for specific Hindu deities. It's thought to be calming, protecting, and healing to listen to them. You can find these at Indian music stores, or online. Two popular examples are Sahasranam and the Sri Lalita Sahasranam.

6. Shantis

I have no experience with this.

According to my friend and teacher William Levacy, author of *Beneath A Vedic Sky – A Beginner's Guide To The Astrology Of Ancient India* you can look these up online or in astrology books under headings like "Characteristics of Planets."

Basically, these are corrective actions in which you can synchronize a specific action with a specific aspect of life to stimulate things beneficially for you. This is done by offering an article related to the planet in question on the day designated to the planet to an animal or person also represented by the planet.

It's important to designate the intention you want to make better in your life. This isn't pixie dust – you have to want to change, believe you can change and that you can do it now, otherwise these are empty acts. With all that in place, the remedies help add reinforcement for your intention to bring about the desired outcome.

For example:

- *The Moon*

Associated with Monday, mothers, fertility, silver or white colors, silk, white cloth, pearls, etc.

Again, to help some area of life “ruled” by the Moon, you want to make an offer of a *thing* represented by the Moon, to a person represented by the Moon, *on the day of the week allotted to the Moon...*

So, if you want to get along better with your mother you could give her a silver pen on a Monday.

- *Mercury*

Associated with Wednesday, friends, the color green, books and all kinds of literature (newspapers, magazines, reports), etc.

So, if you want to improve your friendship with someone, you could give them a green book on a Wednesday.

- *Venus*

Associated with Friday, women, art, music, beauty, flowers, romantic relationships, etc.

If you want a relationship to be better you could give flowers to a lovely woman on a Friday.

You could create a list of these things and build on it. You might find some references for all of the planets and what they represent online.

A very old, “way out there” book on remedies is *Lal-Kitab* (authorship unknown) which goes into Shantis in detail. You can order it online from some Indian booksellers.

A ritual to help women release men from their past...

Rituals and rites of passage are powerfully healing for the psyche. If you’re having a hard time letting go of a man from your past, it may be time to do a little ritual to help you move on.

Years ago, after my husband (who was then just a boyfriend) and I broke up, I was having a terrible time letting go, and was crying constantly. Not only that, I felt psychically connected to him. I was having dreams about where he was, who he was with, and what he was doing for weeks – only to find out from mutual friends that they were all true! And it was making me crazy.

(If you're wondering why I called him "my husband" it's because we got back together four years later and got married - you can read all about it in my ebook, "Love Is in the Stars" if you haven't already.)

I went to see a wonderful American Sikh healer named Guru Singh Khalsa. He told me about a fascinating ritual that I've since shared with many women that have found it to be very powerful.

Guru Singh told me something that there's no way to prove, but will give you pause... He said that when a woman is physically intimate with a man, it creates an energetic or "etheric" connection between them that lasts for a full seven years. Apparently, men can draw on this energy from a woman for as long as the connection lasts – but a woman cannot draw on the energy of the man. (Sounds a bit unfair, eh?)

So, if you don't want to be drained by any man you've been close to for seven years, you can do this ritual to "break" the connection that's unfairly keeping him strong and you weaker.

Here's what you do: Take a small black onyx, a stone known for absorbing energy (it gets a little risqué now) and you wrap it in a black cloth, and wear the stone in the cloth in your underpants – below your "female parts" for a full menstrual cycle.*

Once the allotted time has passed, take the stone out of the cloth and bury it right away somewhere in the ground.

Here's supposedly what happens – the stone "draws" from you the energetic bond you've got with any men you've had sex with in the last seven years and absorbs it, breaking the connection.

**There's no need to actually bleed or have bodily fluids go onto the cloth directly – this is energetic healing you're doing here, so you can keep the stone and cloth safely under "female products." If you no longer menstruate, that's okay – just wear the stone in the same way for a week. It's recommended to do this during a menstrual*

cycle because that's when a woman's body is "letting go" of energy, and, uh, other things...

Then, burying the stone in the ground puts the energy into the earth, keeping it from "coming back" to you.

The desired outcome is that you get your energy back, and any lingering emotional or psychic connection you feel to the man or men from your past is over.

What happened to me? Immediately the dreams stopped, the crying stopped, I was no longer so sad... It was truly miraculous, and other women have told me the same thing.

It could all be the "power of suggestion" that made us feel better. I personally don't care – when you've got a broken heart, doing anything to reclaim your power is a good idea.

In summary...

Clients always ask me how long they should take action and make an effort before they get what they want and my answer is always the same: Until you get what you want!

Even if it takes some time, you'll benefit. The healing power of performing rituals has long been known by indigenous cultures and modern psychologists alike.

So, pick a few of these tips and tools that you like best and work with them regularly over time, and you just might find that your dreams come true!

It's my sincere hope that these suggestions help bring you comfort, peace of mind, and most of all, the love you seek.

Recommended resources:

- Guru Singh Khalsa - Yoga teacher and healer. www.gurusingh.com

- Hindu Temples in N. America that can perform ceremonies:

Shree Venkateswara Swami Temple
1600 Las Virgenes Canyon Rd.,
Calabasas, CA 91302 (818) 880-5552

Ganesha Temple
45 – 57 Bowne St.,
Flushing, NY 11355 (718) 460-8484

- Thomas Ashley-Farrand's website www.sanskritmantra.com for information on mantra therapy.

- For a CD of mantras to the nine planets, see www.jameskelleher.com

For more information on Vedic astrology and love, please see my website (with my catalog of compatibility and timing reports to help you on your unique journey) here:

www.loveisinthestars.com. Make the most of your romantic destiny with my catalog of books, personalized astrology reports (charting your romantic compatibility, relationship capacity, and love timing) as well as my in-depth programs for singles, couples, and budding “armchair” astrologers, here: http://soulmatestars.com/products_catalog.

