

The Meaning and Application of Nakshatra for Restorative Meditation
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Restorative Meditation is a special mantra meditation designed to restore one on their original and intended path toward enlightenment. Through the process of life, we may stray or vary from our original blueprint. In some case this is good. However, restoring the blueprint in our Inner Being through a specific mantra can speed up or growth especially if we also do a transcending mantra meditation.

Brahmarishi Mayan, from ancient India, observed that there was a correlation between time units and frequency qualities. In other words, when specific time units were present, specific qualities existed. By qualities, I mean actual vibrations that have harmonic relationships with other space-time units existing at the same time and space within the space-time continuum.

Mamuni Mayan discovered that because of the similarities in frequency at any given moment in the space-time continuum, the relationships and qualities of the preexisting spatial bodies could be used to describe the qualities or frequencies of newly formed bodies. And, every time preexisting bodies come into the same relationship with other preexisting bodies, the same frequency or qualities emerge in the space-time continuum. As an example, if you think of a clock, you see the numbers (time units called minutes) indicate certain events in the environment. For example, the hands moving past the number six in the early morning might indicate an event called sunrise. At sunrise, certain frequencies called photons shower the earth and bring light.

Mayan used this scientific principle to describe the frequency of human beings at their birth. Mayan noted that, when a certain star in the heavens occupied a specific place relative to the moon, specific vibrations/qualities were present on the earth. He observed that, like the hands on the clock, the moon moved past specific stars in the heavens on a regular and predictable pattern. He noticed that these celestial events occurred in a sidereal day and night – the time frame of which is called Nakshatra, and this, he named those celestial bodies ‘Nakshatras’.

What we know as ‘Nakshatras’ in astrology are really space-time markers. In other words, they mark the space-time event called Nakshatra, which is made up of sixty units called Gahtikaas. A Gahtikaas is made up of sixty Palas. A Pala contains six Pranas. A Prana is a portion of time containing four seconds (see Surya Siddhanta by Asura Maya). These Pranas are equated with the in and out breath that sustains human life and, according to Mayan, causes a fluctuation in the vibration of the thread of Consciousness (Brahma Sutra or Olinool) within the Atma/microabode of each person according to the ancient seer, Maharishi Marichi in his Marichi Samhita.

Because Mayan was a Siddha and keen observer, he was able to observe frequencies within the space-time continuum that existed when the moon passed by specific Nakshatras. In other words, just as 6 am indicates certain qualities are in existence, the passing of the moon past these 27 stars indicated that certain qualities existed.

He observed that, when certain vibrations were present in the atmosphere (outer space and on earth), a human soul who will express like vibrations would be born (*the human being is a harmonic of the overall frequency vibrating in the space-time continuum at any given moment*). It is due to the vibration or frequency in the space-time continuum at a specific time and space or point in the continuum that an individual soul emerges as form. That form vibrates in concert with that space and time frequency based upon the qualities and traits of both the soul and the cosmos. It is not that the star caused the soul to vibrate as it does, rather, it is that the soul vibrated with those qualities. Thus, *when those qualities come into existence in the field of space and time, the soul has a portal of moment to emerge*. The star or so-called Nakshatra is really an identification of a moment in the space-time continuum that lasts for one sidereal day and one sidereal night.

Thus, when a specific star in the heavens is in a specific physical relationship with the moon, then it denotes a specific frequency or quality. It does not *cause* the quality, rather it *denotes* a quality. When a soul has similar vibration, then it can emerge as a human or other entity. It is not that the star, called Nakshatra, *causes* the soul to be a certain way, rather it is that the relationship between the star or Nakshatra exists when certain qualities of energy/Vaastu are emerging from Absolute Space, and those qualities emerge in the form of a human soul, an animal, or any other manifested event. *These are correlational or corresponding events in the space-time continuum, and not causal events*.

Thus, because of the correlational values existing at the time of one's birth, those values can be used to describe the frequency of the soul or person being born at that moment in the space-time continuum.

So, the term Nakshatra used in the Regenerative meditation and Vaastu Shastras is not to be construed as a causal factor. Rather, it is a word used to describe a sequence of pulses or time units with a certain wave length (sixty units called Gahtikaas, made up of sixty Palas, containing six Pranas, which is a portion of time containing four seconds). Each of these time units has its own quality, just as the various strings on a guitar or vina have their own qualities based upon their length.

In thinking about Mayan's intent on using the Nakshatra in Vaastu technology, for example, it becomes clear that *he is using it to describe various frequencies existing on the planet at any given moment in the space-time continuum*. Again, one can liken the stars in the sky that surround the earth that we call Nakshatras to the numbers on the face of a clock. The moon can be likened to the hand on the clock that indicates the 'time'. As the moon passes by a star called a certain Nakshatra, it indicates a certain space-time event or frequency. This is what was observed by Mayan: he observed that at that given time, a certain vibration or quality of vaastu was dominant in the cosmos. That quality or qualities existed in alliance with the qualities of certain jivatma/atman (individual souls) who were being born at that moment. It is due to the existence of that frequency that allowed the specific jivatma to come into this space-time continuum at that moment. Thus, by identifying the star that the moon passed by at that

time, the qualities of the jivatman can be known. It is not that the star in the heavens *caused the jivatman to have the qualities it had, but rather was simply a matching of the qualities.*

Nakshatra is significant to us as follows: in the same way that an individual human soul frequency can be mathematically determined by calculation of Nakshatra, the qualities of the soul of a mantra can be calculated mathematically. In both cases, these mathematical calculations simply indicate the qualities of Vaastu energy of each entity. Thus, in knowing the specific frequency of the human and the mantra, one can derive knowledge of compatibility. With this knowledge, we can calculate a mantra whose frequency is compatible with the occupant in such a way that the mantra enriches the frequency of the meditator, elevating it bringing physical and spiritual wellbeing to the individual.

We select a special restorative mantra that will restore/elevate and enhance your existing Atman. We do this by a process called vibrational matching.

Everything in the manifest world is caused by the mathematical Divine Order of Consciousness. Nothing exists separate from this order. This order gives rise to all of the differentiated qualities and thus, we can use mathematics to determine individual qualities or frequencies of everything. This is, in fact, in the words of physics, a Theory of Everything.