A FREE GUIDE · VEDIC ASTROLOGY

Your Moon *Nakshatra*

Your emotional nature, your inner gifts, and what truly nourishes you, through the 27 lunar mansions of Jyotish



Michelle Berry · Jyotish

A LETTER FROM ME TO YOU

Dear one,

I want to tell you about the moment Jyotish first touched my heart. When I learned that my own Moon sits in Uttara Bhadrapada, the nakshatra of the serpent of the deep, something in me finally relaxed. I had always felt things so deeply and so quietly, and I had sometimes wondered whether that stillness was a flaw. My Moon showed me it was a gift. Uttara Bhadrapada is the calm lake over great depths, the steady heart that can hold a great deal of feeling without being swept away, and the soul that is happiest in meditation, in nature, and in quiet service.



At dawn by the lake, India

My Moon falls in the third pada, which brings the grace of Venus and Libra through the Navamsha. For me that has meant a longing for beauty, harmony, and loving partnership woven right into that deep, meditative nature. It is part of why I make my Sacred Bloom oils by hand, and why I hold every reading as a sacred space rather than a prediction.

That is what I hope this guide does for you. I hope you find your own Moon here and feel, maybe for the first time, that the way your heart works makes perfect sense. Your emotional nature isn't something to fix. It is the very instrument your soul came here to play.

Read your page slowly. Try the practice. Write in response to the journal prompt. And if something stirs in you that you'd like to explore more deeply, I would be honored to sit with your whole chart with you.

With love and light,

Michelle

BEGINNING

What is a Moon nakshatra?

Your Moon nakshatra is the lunar mansion the Moon was moving through at the moment of your first breath, and it is one of the most intimate keys in your whole birth chart. In Jyotish, the Moon is the mind and the heart, the part of you that feels, remembers, longs, and heals. Your Moon nakshatra shows the particular way your heart was shaped to feel and to love, the gifts that come naturally to you, and the kind of nourishment your inner life truly needs.

The sky is divided into 27 nakshatras, each one 13°20′ wide, and the Moon passes through roughly one of them each day. Each nakshatra has a presiding deity, a symbol, a ruling planet, and a shakti, a sacred power it carries into the world. When you come to know yours, you begin to understand why certain things calm you, why others stir you so deeply, and what helps you come home to yourself.

This guide is written to empower you, never to alarm you. There are no "bad" nakshatras here, only different medicines and different paths of growth. Read your own page slowly, notice what resonates, and let the rest go.

Bridge Box: if you're coming from Western astrology

Jyotish uses the sidereal zodiac, which is aligned with the actual constellations, while Western astrology uses the tropical zodiac, which is aligned with the seasons. Today the two differ by about 24°, so your Vedic Moon sign is often one sign earlier than your Western Moon sign. Don't be surprised if your Moon "moves" when you look it up in a Vedic chart. The nakshatras themselves have no real equivalent in Western practice: think of them as a finer, more soulful lens within each sign, much like a neighborhood within a city.

THE SKY OF JYOTISH

The nakshatra wheel

Twenty-seven lunar mansions circle the twelve sidereal signs, each one 13°20′ wide. The Moon visits roughly one each day, and the one it held at your birth is your Moon nakshatra.



STEP BY STEP

How to find your Moon nakshatra

You'll need three things: your date of birth, your time of birth (as exact as you can find it), and the town where you were born. Then:

1. Open a free Vedic chart calculator, such as the Janma Kundali tool on Drik Panchang or the free Jagannatha Hora software.
2. Check the settings. The zodiac should be **sidereal** and the ayanamsa should be **Lahiri** (also called Chitrapaksha). Most Vedic calculators use these by default.
3. Enter your birth date, time, and place, and create your chart.
4. Look for the Moon (sometimes written "Mo" or "Chandra") in the list of planetary positions. Beside it you'll see its sign, its degree, and its nakshatra, often with a pada number from 1 to 4.
5. Turn to your nakshatra's page below.

A note on birth time: the Moon moves about 13° a day, so it changes nakshatra roughly once a day. If you were born near a changeover, a small error in your birth time can shift your nakshatra. If your page doesn't feel like you, read the one before or after it too, and consider a reading where we can look more closely.

Your pada: each nakshatra has four quarters called padas. They add finer shading to your profile. This guide focuses on the nakshatra as a whole, and your pada is something we can explore together in a full reading.

AT A GLANCE

Quick-find table

Look up your Moon's sidereal sign and degree, then find the range it falls in.

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YOUR PAGE

How to read your page

Each profile opens with four classical keys, followed by a reflection on your inner life.

KEY	WHAT IT TELLS YOU
Ruling planet	The planet whose energy colors your emotional nature. It also begins your Vimshottari dasha, the great cycle of planetary periods that times your life.
Deity	The divine intelligence that blesses and guides this nakshatra, and the archetype your heart carries.
Symbol	A simple image that holds the nakshatra's essence, something to keep in mind or on your altar.
Shakti	The sacred power this nakshatra brings into the world, and into you.

After the keys you'll find the deity's **story**, your **emotional nature**, your **gifts**, **what nourishes you**, **a gentle practice**, **body wisdom**, an **affirmation**, and a **journal prompt** to bring the wisdom of your Moon into daily life.

01 Ashwini

0°00′–13°20′ Aries

RULER	DEITY	SYMBOL	SHAKTI
Ketu	the Ashwini Kumaras, the twin physicians of the gods	a horse's head	the power to reach things quickly (*shidhra vyapani*)

THE STORY. *The Ashwini Kumaras are twin horse-headed healers, sons of the Sun, who ride a golden chariot at dawn. In one beloved tale they restored youth and vitality to the aged sage Chyavana. Their medicine is swift, joyful, and miraculous, and some of that dawn light lives in you.*

Emotional nature. Your heart is quick, fresh, and eager to begin. You feel things instantly and want to respond right away, which makes you a natural first responder for the people you love.

What nourishes you. Movement, fresh starts, time outdoors, and being trusted to act. Feeling stuck or slowed down by others is what drains you most.

Your gifts. Healing, courage, and the ability to bring new life into tired situations. Others often feel revived simply by being near you.

Body wisdom. Your energy can surge and then crash. Warm, regular meals and a steady bedtime help your quick nervous system feel safe enough to rest.

A gentle practice. Before you rush to help, pause for three slow breaths. Let your healing hands rest on your own heart first.

I begin again with a healed and open heart.

JOURNAL PROMPT

Where in my life am I being called to make a fresh start, and what would help me begin gently?

02 Bharani

13°20′–26°40′ Aries

RULER	DEITY	SYMBOL	SHAKTI
Venus	Yama, lord of dharma and right restraint	the yoni, the womb of creation	the power to carry things away (*apabharani*)

THE STORY. *Yama was the first being to walk the path of death, and so he became its compassionate guide and the lord of dharma. In the Katha Upanishad, the young seeker Nachiketa sits at Yama's door, and Yama gifts him the deepest teachings on the eternal self. Bharani holds that same sacred doorway between worlds.*

Emotional nature. You feel life at full intensity, birth and endings, desire and duty. You can hold a great deal, and you carry your feelings with depth and seriousness.

What nourishes you. Beauty, pleasure that feels honest, and clear agreements. You flourish when you can release what is finished without guilt.

Your gifts. Creative and sensual power, loyalty, and the strength to stand with others through the hardest thresholds of life.

Body wisdom. You can hold intensity for a long time without showing it. Honor your body's need to release, through sweat, movement, tears, or a long warm bath.

A gentle practice. At each New Moon, write down one thing you are ready to let be carried away, and offer it to water or to flame.

I hold life's thresholds with strength, and I let go with grace.

JOURNAL PROMPT

What is ready to end in my life, and what might it be making room for?

03 Krittika

26°40′ Aries–10°00′ Taurus

RULER	DEITY	SYMBOL	SHAKTI
Sun	Agni, the sacred fire	a flame or a razor	the power to burn and purify (*dahana*)

THE STORY. *The Krittikas are the six stars of the Pleiades, the nurses who raised Kartikeya, the radiant warrior child born from sacred fire. Through Agni, every Vedic offering is carried to the gods. Your heart, too, carries what is sacred and burns away what is not.*

Emotional nature. Your heart is warm, protective, and truthful. You feel a strong inner need to cut through what is false, and you care fiercely for those in your keeping.

Your gifts. Clarity, discernment, and a nurturing fire that both cooks and cleanses. You help others see what is real.

What nourishes you. Purpose, honesty, warm food, and people who can receive your directness as love.

Body wisdom. Your inner fire runs warm. Cooling foods, time near water, and not skipping meals help keep your sharpness kind rather than cutting.

A gentle practice. Light a candle each evening and offer your sharpest thought of the day into its flame, keeping only its truth.

My fire purifies, protects, and nourishes.

JOURNAL PROMPT

What truth have I been holding back, and how could I say it with warmth?

04 Rohini

10°00′–23°20′ Taurus

RULER	DEITY	SYMBOL	SHAKTI
Moon	Brahma, the creator (Prajapati)	an ox cart or chariot	the power of growth (*rohana*)

THE STORY. *The Moon married the 27 nakshatras, the daughters of Daksha, but he loved Rohini above all and lingered in her home. The other sisters grieved, and Daksha's curse made the Moon wane until he promised to honor each of them in turn, which is why the Moon still waxes and wanes. Rohini is the place where the Moon feels most at home.*

Emotional nature. Your heart is receptive, sensual, and deeply attuned to beauty. The Moon is said to love Rohini most of all, and you feel things richly, through the body and the senses.

Your gifts. Fertility of every kind: creativity, abundance, and the ability to make things grow, from gardens to relationships to businesses.

What nourishes you. Comfort, nature, music, good food, and steady affection. Rushing and harshness unsettle you.

Body wisdom. You are deeply sensual and can find comfort in food and rest. Choose nourishment that feels truly loving: fresh, colorful, and enjoyed slowly.

A gentle practice. Tend something living each day, a plant, a seed, a creative project, and let your heart grow with it.

I am fertile ground, and beauty grows wherever I tend.

JOURNAL PROMPT

What am I growing in my life right now, and what does it need from me?

05 Mrigashira

23°20′ Taurus–6°40′ Gemini

RULER	DEITY	SYMBOL	SHAKTI
Mars	Soma, the nectar of the Moon	a deer's head	the power of giving fulfillment (*prinana*)

THE STORY. *Soma is the nectar of immortality, pressed and offered in the ancient rituals, and the Moon is said to be its cup, refilling each month. Mrigashira's deer wanders the forest following a scent it cannot quite name. Your searching heart is looking for that same sweetness.*

Emotional nature. Your heart is curious, gentle, and always searching. Like the deer, you are sensitive to your surroundings and drawn onward by beauty and meaning.

What nourishes you. Exploration, learning, travel, and gentle companions. Restlessness eases when you know the search itself is sacred.

Your gifts. A seeker's mind, a soft heart, and a gift for conversation, research, and discovery.

Body wisdom. A restless mind can leave your body tense and depleted. Slow walks in nature and calming evening rituals help your nervous system settle.

A gentle practice. Keep a journal of questions, not answers. Each week, notice which ones have quietly answered themselves.

What I seek is also seeking me.

JOURNAL PROMPT

What am I truly searching for beneath all my questions?

06 Ardra

6°40′–20°00′ Gemini

RULER	DEITY	SYMBOL	SHAKTI
Rahu	Rudra, the storm form of Shiva	a teardrop	the power of effort (*yatna*)

THE STORY. *Rudra is the howling storm, the fierce early form of Shiva. In one telling he cried as soon as he was born, and his tears became the rain that renews the earth. Ardra's storms are never only destruction. They are the clearing before new growth.*

Emotional nature. You feel deeply and sometimes stormily, and your tears are a form of cleansing. Your heart is honest about pain, and it is transformed by it.

Your gifts. Emotional truth-telling, sharp intelligence, and the capacity to renew yourself after upheaval. You understand others' suffering.

What nourishes you. Permission to feel fully, meaningful work, and the fresh clarity that comes after the storm passes.

Body wisdom. Strong emotion can live in your breath and chest. Deep exhalations, sighing, and gentle shaking or dance help move it through.

A gentle practice. When emotion rises, let it move: cry, walk, breathe. Then ask, "What has this storm made clear?"

My tears wash me clean, and I rise renewed.

JOURNAL PROMPT

What recent storm in my life has made something important clear?

07 Punarvasu

20°00′ Gemini–3°20′ Cancer

RULER	DEITY	SYMBOL	SHAKTI
Jupiter	Aditi, the boundless mother of the gods	a quiver of arrows	the power to gain substance and renewal (*vasutva prapana*)

THE STORY. *Aditi is the boundless mother of the gods, as vast and forgiving as the sky. Lord Rama was born under Punarvasu, and after fourteen years of exile he returned home in light. This is the nakshatra of homecoming, of the good that always returns.*

Emotional nature. Your heart is hopeful, forgiving, and resilient. Like light returning after rain, you always find your way back to goodness.

What nourishes you. Home, simplicity, kindness, and spiritual practice. Too much complexity tires you.

Your gifts. Optimism, generosity, and the gift of making others feel at home. You help people begin again.

Body wisdom. You thrive on simple, home-cooked food and familiar rhythms. When you feel scattered, come back to the basics: rest, warmth, and a clean, quiet space.

A gentle practice. Each morning, name one thing you are beginning again today, with a fresh and open heart.

Goodness always finds its way back to me.

JOURNAL PROMPT

Where do I feel most at home, and how can I bring more of that feeling into each day?

08 Pushya

3°20′–16°40′ Cancer

RULER	DEITY	SYMBOL	SHAKTI
Saturn	Brihaspati, teacher of the gods	a cow's udder or a flower	the power to create spiritual energy (*brahmavarchasa*)

THE STORY. *Brihaspati is the guru of the gods, their priest, teacher, and counselor, whose prayers and wisdom sustain the heavens. Pushya means "to nourish," and its symbol, the cow's udder, is the endless flow of milk that feeds all beings.*

Emotional nature. Your heart is nurturing, devoted, and steady. Pushya is considered one of the most auspicious nakshatras, and you carry a deep instinct to care for and protect others.

Your gifts. Nourishment, teaching, faithfulness, and a quiet spiritual strength that others lean on.

What nourishes you. Devotion, tradition, family, and being cared for in return. Remember that you, too, need to be fed.

Body wisdom. You give and give, and your body may quietly ask for replenishment. Warm, nourishing meals, oil massage, and early nights refill your well.

A gentle practice. Offer a small daily prayer or mantra, and let it fill your own cup before you pour for others.

I am nourished as fully as I nourish others.

JOURNAL PROMPT

Who or what truly nourishes me, and how can I let myself receive more?

09 Ashlesha

16°40′–30°00′ Cancer

RULER	DEITY	SYMBOL	SHAKTI
Mercury	the Nagas, the serpent beings	a coiled serpent	the power to inflict poison, and so to transform it (*visasleshana*)

THE STORY. *The Nagas are serpent beings who guard hidden treasures and wisdom deep within the earth and waters. Shiva wears a serpent around his neck, and the sleeping Kundalini Shakti is pictured as a serpent coiled at the base of the spine. Ashlesha holds the medicine of transformation.*

Emotional nature. Your heart is perceptive, intuitive, and deep. You sense what is unspoken, and you hold your inner world close until trust is earned.

What nourishes you. Privacy, trust, depth, and relationships where you can let your guard down slowly.

Your gifts. Psychological insight, healing wisdom, and the serpent's power to turn poison into medicine. Kundalini itself is pictured as a coiled serpent.

Body wisdom. You tend to hold tension in the belly and gut. Gentle abdominal breathing, warm digestive spices, and loosening tight clothing all help you soften.

A gentle practice. When you feel the urge to hold on tightly, place a hand on your belly, breathe, and gently uncoil.

I transform what I touch into medicine.

JOURNAL PROMPT

What am I holding onto tightly, and what might happen if I gently loosened my grip?

10 Magha

0°00′–13°20′ Leo

RULER	DEITY	SYMBOL	SHAKTI
Ketu	the Pitris, the ancestors	a royal throne	the power to leave the body behind (*tyage kshepani*)

THE STORY. *The Pitris are the honored ancestors, who are remembered each year during Pitru Paksha with offerings of water, sesame, and rice. In the Vedic view, we stand on a royal throne built by all who came before us, and we carry their blessings forward.*

Emotional nature. Your heart is dignified, proud in the best sense, and deeply connected to lineage. You feel the presence of those who came before you.

Your gifts. Leadership, honor, and the ability to carry family and spiritual traditions forward with grace.

What nourishes you. Respect, ritual, and meaningful connection with your roots and ancestors.

Body wisdom. You may carry inherited patterns in body and mind. Steady daily routines and time in quiet ceremony help you feel both rooted and free.

A gentle practice. Keep a small photo or offering for your ancestors, and thank them each week for what they carried so you could be here.

I honor my lineage, and I lead with grace.

JOURNAL PROMPT

Which gifts from my ancestors do I want to carry forward, and what am I ready to heal?

II Purva Phalguni

13°20′–26°40′ Leo

RULER	DEITY	SYMBOL	SHAKTI
Venus	Bhaga, god of delight and good fortune	the front legs of a bed or hammock	the power of procreation (*prajanana*)

THE STORY. *Bhaga is one of the Adityas, the shining sons of Aditi, and he bestows delight, marital happiness, and good fortune. His name is related to bhagya, luck, and to the joy of receiving one's rightful share of life's sweetness.*

Emotional nature. Your heart is warm, playful, and made for joy. You feel most like yourself when you are relaxing, loving, and creating.

What nourishes you. Rest, romance, art, celebration, and permission to enjoy life without earning it first.

Your gifts. Charm, creativity, generosity, and a gift for making life beautiful and pleasurable for others.

Body wisdom. Your body heals through pleasure and rest. Overwork dims your glow faster than almost anything, so protect your downtime.

A gentle practice. Schedule true rest as a sacred act. Lie down, do nothing, and let delight find you.

Joy is my birthright, and rest is holy.

JOURNAL PROMPT

What brings me pure delight, and when did I last let myself enjoy it fully?

12 Uttara Phalguni

26°40′ Leo–10°00′ Virgo

RULER	DEITY	SYMBOL	SHAKTI
Sun	Aryaman, god of friendship, contracts, and kindness	the back legs of a bed	the power of prosperity through union (*chayani*)

THE STORY. *Aryaman is the Aditya of friendship, hospitality, and sacred agreements, and he is invoked in the Vedic wedding ceremony. The Milky Way was called "the path of Aryaman," a road of light connecting all beings.*

Emotional nature. Your heart is loyal, generous, and steady. You feel deeply responsible for the people and promises in your life.

What nourishes you. Commitment that is returned, meaningful service, and relationships built on mutual respect.

Your gifts. Friendship, dependability, and the gift of bringing people together in lasting, helpful partnerships.

Body wisdom. Your sense of responsibility can quietly turn into strain. Balance service with restorative care, and let your helpers help you.

A gentle practice. Each week, reach out to one friend simply to say how much they mean to you.

My loyalty is a blessing, and I am supported in return.

JOURNAL PROMPT

Which relationships feel truly mutual, and where do I need to ask for more support?

13 Hasta

10°00′–23°20′ Virgo

RULER	DEITY	SYMBOL	SHAKTI
Moon	Savitar, the creative power of the Sun	an open hand	the power to place what we seek in our hands (*hasta sthapaniya agama*)

THE STORY. *Savitar is the Sun's creative, awakening power, the light just before sunrise that stirs all beings into life. The sacred Gayatri mantra is a prayer to Savitar, asking that this divine light illuminate our minds.*

Emotional nature. Your heart is clever, helpful, and quick to respond. You process feelings through doing, crafting, and caring with your hands.

Your gifts. Skill, healing touch, humor, and the ability to turn ideas into something real and useful.

What nourishes you. Hands-on work, creativity, and gentle routines. Worry softens when your hands are busy with something you love.

Body wisdom. Worry can collect in your hands, shoulders, and nervous system. Crafting, cooking, and giving or receiving gentle massage help you release it.

A gentle practice. Greet the morning Sun with open palms, and set one simple intention to bring into form that day.

What I seek comes gently into my hands.

JOURNAL PROMPT

What do I want to bring into form this season, and what is the first small step?

14 Chitra

23°20′ Virgo–6°40′ Libra

RULER	DEITY	SYMBOL	SHAKTI
Mars	Tvashtar, the celestial architect	a bright jewel or pearl	the power to accumulate merit (*punya cayani*)

THE STORY. *Tvashtar is the celestial craftsman who fashioned Indra's thunderbolt and the cup that holds the nectar of the gods. Chitra means "bright" and "brilliant," and its star, Spica, shines like a jewel set in the sky.*

Emotional nature. Your heart is artistic, radiant, and drawn to beauty and design. You feel deeply moved by what is crafted with care.

What nourishes you. Beauty, self-expression, and space to create. Your sense of self brightens when you make something you are proud of.

Your gifts. Creativity, vision, and the ability to shape something brilliant out of raw material, including your own life.

Body wisdom. You feel best when your surroundings are beautiful and well cared for. Your body responds to color, light, movement, and a little daily adornment.

A gentle practice. Create one small beautiful thing each week, an arrangement, a meal, a sketch, as an offering.

I am a work of art, and I create my life with care.

JOURNAL PROMPT

If my life were a work of art, what would I lovingly reshape next?

15 Swati

6°40′–20°00′ Libra

RULER	DEITY	SYMBOL	SHAKTI
Rahu	Vayu, god of the wind	a young sprout swaying in the wind	the power to scatter like the wind (*pradhvamsa*)

THE STORY. *Vayu is the god of wind and breath, the life force that moves through all things, and the father of Hanuman. Swati's symbol is a young sprout bending in the breeze, flexible enough never to break.*

Emotional nature. Your heart is independent, gentle, and adaptable. You need room to move, and you bend with life rather than breaking.

What nourishes you. Freedom, fresh air, breathwork, and relationships that give you space to grow.

Your gifts. Diplomacy, flexibility, and a talent for building your own path, including in business and trade.

Body wisdom. Your energy can scatter like the wind. Warmth, routine, grounding foods, and slow breathing keep you steady and strong.

A gentle practice. Practice slow, steady breathing each day, and let your breath root you as a sprout's roots hold it in the wind.

I bend with grace, and I am rooted in myself.

JOURNAL PROMPT

Where do I need more freedom, and where do I need deeper roots?

16 Vishakha

20°00′ Libra–3°20′ Scorpio

RULER	DEITY	SYMBOL	SHAKTI
Jupiter	Indra and Agni, power and fire together	a triumphal archway or a potter's wheel	the power to achieve many fruits (*vyapana*)

THE STORY. *Indra and Agni are worshipped together here, power joined with sacred fire. Vishakha's symbol is a triumphal archway decorated for a harvest celebration, a reminder that devoted effort ripens into fruit.*

Emotional nature. Your heart is determined, passionate, and goal-oriented. When you care about something, you give it everything.

What nourishes you. A meaningful goal, celebration of progress, and moments when you allow yourself to arrive.

Your gifts. Focus, ambition, devotion to a cause, and the patience to see a long effort through to harvest.

Body wisdom. You can push hard toward goals and forget your body along the way. Regular pauses, hydration, and celebrating small wins keep your fire healthy.

A gentle practice. At each Full Moon, pause to honor what has already ripened in your life before reaching for the next goal.

I walk my path with devotion, and I honor every harvest.

JOURNAL PROMPT

What goal am I devoted to right now, and how can I celebrate the progress I've already made?

17 Anuradha

3°20′–16°40′ Scorpio

RULER	DEITY	SYMBOL	SHAKTI
Saturn	Mitra, god of friendship and devotion	a lotus	the power of worship (*radhana*)

THE STORY. *Mitra is the Aditya of friendship, alliance, and devotion, the warm light of dawn and the keeper of our promises. Anuradha's lotus grows from the darkest mud into perfect bloom, an ancient symbol of the soul's awakening.*

Emotional nature. Your heart is devoted, loyal, and able to bloom in difficult places, like the lotus rising from the mud.

What nourishes you. Deep friendships, shared purpose, and a spiritual practice you can return to daily.

Your gifts. Friendship, cooperation, spiritual devotion, and the ability to stay faithful through hard seasons.

Body wisdom. You may hold emotion quietly to keep the peace. Gentle, steady practices such as walking, yoga, and heartfelt conversation help you release it.

A gentle practice. Choose one devotional act, a mantra, a prayer, a candle, and keep it as a daily promise to yourself.

I bloom wherever I am planted.

JOURNAL PROMPT

What difficulty in my past became the ground from which I bloomed?

18 Jyeshtha

16°40′–30°00′ Scorpio

RULER	DEITY	SYMBOL	SHAKTI
Mercury	Indra, king of the gods	a circular amulet or an umbrella	the power to rise and to conquer (*arohana*)

THE STORY. *Indra, king of the gods, defeated the great serpent Vritra, who had trapped the waters of the world, and set them flowing again. Jyeshtha means "the eldest," the one who carries responsibility and protects the family.*

Emotional nature. Your heart is protective, intense, and wise beyond its years. You often feel like the eldest, the one who carries responsibility.

Your gifts. Courage, leadership, and the strength to protect those who are vulnerable.

What nourishes you. Being trusted, being able to set things down, and being cared for in turn.

Body wisdom. You may hold yourself on high alert, ready to protect. Deep rest, warm baths, and time with people who protect you let your nervous system finally stand down.

A gentle practice. Each evening, name one responsibility you can lay down until morning, and let someone else hold the umbrella.

I am strong, and I am allowed to rest.

JOURNAL PROMPT

What would it feel like to be protected and cared for the way I care for others?

19 Mula

0°00′–13°20′ Sagittarius

RULER	DEITY	SYMBOL	SHAKTI
Ketu	Nirriti, goddess of dissolution	a bundle of roots tied together	the power to uproot and break apart (*barhana*)

THE STORY. *Nirriti is the goddess of dissolution, who undoes what is false so that truth can be found. Mula means "root," and this nakshatra lies near the center of our galaxy, the root of the Milky Way itself.*

Emotional nature. Your heart goes straight to the root of things. You are not satisfied with surfaces, and you feel called to discover what is truly real.

What nourishes you. Philosophy, nature, silence, and time to dig deep into what matters to you.

Your gifts. Deep inquiry, spiritual seeking, and the courage to clear away what no longer serves so something truer can grow.

Body wisdom. You can become depleted by digging too deep for too long. Grounding foods, warm oil on the feet, and time with your hands in the soil restore you.

A gentle practice. Sit with your bare feet on the earth and imagine roots growing from your soles, steadying you as you let go.

I return to my roots and find what is real.

JOURNAL PROMPT

What belief or pattern am I ready to pull up by the roots, and what truer thing wants to grow in its place?

20 Purva Ashadha

13°20′–26°40′ Sagittarius

RULER	DEITY	SYMBOL	SHAKTI
Venus	Apas, the divine waters	an elephant tusk or a winnowing fan	the power of invigoration (*varchograhana*)

THE STORY. *Apas are the divine waters, invoked in the Vedas for purification and renewal. Ashadha means "invincible," and this first of the two Ashadhas carries the early, unstoppable surge of a river finding its way to the sea.*

Emotional nature. Your heart is buoyant, inspired, and not easily defeated. Like water, you find your way around obstacles.

What nourishes you. Water in every form: bathing, swimming, the ocean, a long drink of something pure. Also, causes you believe in.

Your gifts. Enthusiasm, persuasion, and the ability to uplift and purify others with your conviction and warmth.

Body wisdom. Water is your medicine, inside and out. Stay well hydrated, and let bathing, swimming, or simply sitting near water calm your body and mind.

A gentle practice. Make bathing a ritual. As the water flows over you, let it wash away the day and renew your spirit.

Like water, I flow around every obstacle.

JOURNAL PROMPT

What cause or dream fills me with conviction, and how can I let it flow more freely?

21 Uttara Ashadha

26°40′ Sagittarius–10°00′ Capricorn

RULER	DEITY	SYMBOL	SHAKTI
Sun	the Vishvadevas, the universal gods	an elephant tusk or the planks of a bed	the power of unchallengeable victory (*apradhrisya*)

THE STORY. *The Vishvadevas are "the gods of all," honored together in Vedic offerings as guardians of universal good. Uttara Ashadha is the later, lasting victory: not a quick win, but the kind of triumph that endures because it was won with integrity.*

Emotional nature. Your heart is principled, sincere, and steady. You feel most at peace when you are living in line with your values.

What nourishes you. Purpose, truthful relationships, and long-term goals that serve the greater good.

Your gifts. Integrity, perseverance, and the kind of leadership that earns lasting respect.

Body wisdom. You carry a great deal of steady effort. Keep a regular rhythm of work and rest, and let your bones and joints be cared for with warmth and gentle movement.

A gentle practice. Write down three values you live by. Read them each morning and let them guide one choice that day.

My integrity is my strength, and my victory is lasting.

JOURNAL PROMPT

Which of my values guides me most, and where is it asking me to stand firm right now?

22 Shravana

10°00′–23°20′ Capricorn

RULER	DEITY	SYMBOL	SHAKTI
Moon	Vishnu, the preserver	an ear, or three footprints	the power of connection (*samhanana*)

THE STORY. *Vishnu, as the dwarf Vamana, took three great strides that measured the earth, the sky, and the heavens, and his three footprints are Shravana's symbol. Shravana means "hearing," and the Vedas themselves were passed down for thousands of years by listening.*

Emotional nature. Your heart is a listener. You absorb what you hear deeply, and you feel things through sound, words, and the voices of those you love.

Your gifts. Learning, teaching, wise counsel, and the ability to connect people and ideas.

What nourishes you. Quiet, sacred sound, good teachers, and being truly heard in return.

Body wisdom. Noise and overstimulation can tire you quickly. Protect quiet time, and let sacred sound such as mantra, chanting, or soft music soothe your body.

A gentle practice. Spend a few minutes each day simply listening, to mantra, to birdsong, or to the silence beneath all sound.

I listen deeply, and wisdom finds me.

JOURNAL PROMPT

What is my inner voice trying to tell me that I haven't fully heard yet?

23 Dhanishta

23°20′ Capricorn–6°40′ Aquarius

RULER	DEITY	SYMBOL	SHAKTI
Mars	the eight Vasus, gods of abundance	a drum	the power to give abundance and renown (*khyapayitri*)

THE STORY. *The eight Vasus are the shining gods of the elements and of abundance. In the Mahabharata, one Vasu was born on earth as the great elder Bhishma. Dhanishta means "the wealthiest," and its drum is the heartbeat of celebration.*

Emotional nature. Your heart moves to rhythm. You are generous, social, and happiest when life has a beat you can feel.

Your gifts. Musicality, generosity, and a talent for bringing groups together and creating prosperity.

What nourishes you. Music, dance, community, and work that lets you share your abundance.

Body wisdom. Rhythm regulates you. A steady daily schedule, music, and dance keep your energy flowing and your mood bright.

A gentle practice. Drum, clap, chant, or dance for a few minutes each day, and let rhythm settle your heart.

I move to the rhythm of abundance, and I share it freely.

JOURNAL PROMPT

Where in my life do I feel truly in rhythm, and where have I lost the beat?

24 Shatabhisha

6°40′–20°00′ Aquarius

RULER	DEITY	SYMBOL	SHAKTI
Rahu	Varuna, lord of the cosmic waters	an empty circle, or a hundred flowers	the power of healing (*bheshaja*)

THE STORY. *Varuna is the guardian of rita, the cosmic order, and lord of the vast waters. He sees all that is hidden, and he is also the one who forgives and releases. Shatabhisha means "a hundred physicians" or "a hundred healers."*

Emotional nature. Your heart is private, philosophical, and independent. You often need solitude to understand what you feel.

What nourishes you. Solitude, the sky, study, and healing practices of every kind.

Your gifts. Healing, research, and a visionary mind that sees solutions others miss. This is known as the nakshatra of a hundred healers.

Body wisdom. You may push healing work outward and forget yourself. Time alone, under open sky or near water, is your deepest restoration.

A gentle practice. Give yourself one sacred hour each week alone, with no task but rest and reflection.

I am a healer, and I begin by healing myself.

JOURNAL PROMPT

What does my own healing need from me right now?

25 Purva Bhadrapada

20°00′ Aquarius–3°20′ Pisces

RULER	DEITY	SYMBOL	SHAKTI
Jupiter	Aja Ekapada, the one-footed one, a form of Rudra	a sword, or the front legs of a funeral cot	the power to raise one's spiritual level (*yajamana udyamana*)

THE STORY. *Aja Ekapada, "the unborn one-footed one," is a fiery form of Rudra, sometimes seen as the cosmic pillar that holds heaven and earth apart. Purva Bhadrapada holds the fire of transformation that lifts the soul to its next level.*

Emotional nature. Your heart is passionate and idealistic, and it holds a strong inner fire for transformation.

What nourishes you. Spiritual practice, purpose, and gentle grounding to balance your inner fire.

Your gifts. Spiritual intensity, devotion to a cause, and the courage to transform yourself and inspire others to do the same.

Body wisdom. Your intensity can run hot. Cooling practices such as moonlight walks, gentle breathing, and fresh fruits balance your inner flame.

A gentle practice. Pair every intense effort with an equal moment of stillness: a seated breath, a cool drink, a quiet walk.

My inner fire lifts me toward my highest self.

JOURNAL PROMPT

What is the transformation my soul is asking for right now?

26 Uttara Bhadrapada

3°20′–16°40′ Pisces

RULER	DEITY	SYMBOL	SHAKTI
Saturn	Ahir Budhnya, the serpent of the deep	a serpent in the water, or the back legs of a funeral cot	the power to bring the rain (*varshodyamana*)

THE STORY. *Ahir Budhnya is the serpent of the depths, the twin of Aja Ekapada, dwelling in the hidden waters beneath the cosmos. Where Purva Bhadrapada is the fire, Uttara Bhadrapada is the deep, still water that holds that fire safely and brings the blessing of rain.*

Emotional nature. Your heart is calm, deep, and wise. You can hold great feeling with remarkable steadiness, like still water over great depths.

Your gifts. Patience, compassion, and a meditative strength that brings peace and blessings to others.

What nourishes you. Meditation, solitude, nature, and quiet acts of service.

Body wisdom. You can absorb a great deal without showing it. Regular meditation, rest, and gentle movement help you release what you carry so it doesn't settle heavily in the body.

A gentle practice. Meditate for a few minutes each day, and imagine your mind as a still, deep lake.

I am the still, deep water, and peace flows through me.

JOURNAL PROMPT

What depth in me am I ready to honor and share with the world?

Michelle's note. This is my own Moon nakshatra, in the third pada. If it is yours too, welcome, kindred soul. I've learned that our stillness isn't emptiness. It is the place where our deepest wisdom rests.

27 Revati

16°40′–30°00′ Pisces

RULER	DEITY	SYMBOL	SHAKTI
Mercury	Pushan, the nourisher and protector of travelers	a fish, or a drum	the power of nourishment (*kshiradyapani*)

THE STORY. *Pushan is the nourisher and protector of travelers, the guardian of roads who finds what is lost and guides souls safely on their final journey. Revati, the last nakshatra, completes the circle and carries us gently toward a new beginning.*

Emotional nature. Your heart is tender, kind, and deeply empathic. You feel others' needs as if they were your own.

What nourishes you. Gentle surroundings, art, spiritual devotion, and boundaries that protect your soft heart.

Your gifts. Nurturing, guidance, imagination, and a gift for helping others find their way safely home.

Body wisdom. Your boundaries are soft, so you may take on others' emotions as your own. Rituals of cleansing, such as a salt bath or a walk alone, help you return to yourself.

A gentle practice. Before sleep, place a hand over your heart and say, "I am safe, I am guided, I am home."

I am gently guided, and I always find my way home.

JOURNAL PROMPT

Whose feelings am I carrying that aren't mine, and how can I lovingly set them down?

GOING FORWARD

Living with your Moon

Your Moon nakshatra isn't a box to fit into. It is a living doorway into your own heart. Each month the Moon travels back through your nakshatra for about a day, and those days are often tender and meaningful. Notice how you feel then, and make them a time for your gentle practice and your journal prompt.



YOUR WHOLE CHART

What your Moon can't tell you on its own

Your Moon nakshatra is one beautiful thread, and your birth chart is the whole tapestry. Here is what we can see together in a full reading that this guide can't show you:

- **Your pada and Navamsha:** the finer shading of your Moon, and the deeper soul qualities that ripen as you grow
- **Your rising sign and houses:** where your life energy is meant to flow, in love, work, home, creativity, and spirit
- **The planets touching your Moon:** the influences that soften, strengthen, or challenge your emotional life
- **Your dasha, the season you're in now:** why this chapter of your life feels the way it does, and what it is preparing you for
- **Timing for your next steps:** when to push forward, when to rest, and when to turn inward
- **Remedies and practices made for you:** mantras, Ayurvedic support, and simple daily rituals keyed to your own chart

> *"I felt deeply seen. Not judged. The reading helped me make sense of where I was and why slowing down was actually the medicine." — Kristen*

A full Jyotish reading with me is 90 minutes to 2 hours by Zoom, for $222. We begin with the heart of Vedic thought, the great cycles of time and how your soul carries its journey into this lifetime, and then I guide you to the points of power in your chart and how to work with them more fully. You're welcome to take notes. If we've already worked together, a one-hour follow-up session is $165.

Book your reading · hello@michelleberrybliss.com · The Sacred Rhythm Report

With love and light, Michelle

WITH GRATITUDE

Sources and traditions

- **Ruling planets and Vimshottari dasha:** *Brihat Parashara Hora Shastra* (Parashara).
- **Presiding deities and shaktis:** the nakshatra hymns of the *Taittiriya Brahmana* (book 3), as translated and presented in the work of David Frawley (Vamadeva Shastri).
- **Symbols:** traditional, though they vary between texts and teachers; where two are common, both are given.
- **Degree ranges:** sidereal zodiac, Lahiri ayanamsa.
- **Stories, emotional nature, gifts, nourishment, practices, body wisdom, affirmations, and journal prompts:** these are modern, healing-oriented reflections offered by Michelle Berry, drawing on her Jyotisha training with Vedic Traditions. The stories are retold from the Vedas, Upanishads, Puranas, and epics, where versions often differ. All of it is meant for self-understanding, not prediction.

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