Saturn’s Lessons

“All of you are perfect just as you are and you could use a little improvement.”
Shunryu Suzuki-roshi¹

The Training

Saturn, the great Roshi, is Lord of both Truth and Karma. He manifests reality and in turn makes things “real.” Saturn can be heavy, revolving with intensity. No worries though, for he only allows what is righteous to manifest in this reality. He is the sheriff of the Karma police, or the great One, keeping the time.

¹ Source: "Practicing Peace in Times of War" by Pema Chodron, p. 31
Below, are a few of the more popular lessons (times) that Saturn chooses to teach us the hardest lessons of our life:

**THE SATURN RETURN**

“the Rite of Passage”

The most popular of Saturn’s lessons is the Saturn return. The first round comes around 29 years of age, when Saturn forces us to grow up. It is the transition from ‘Childhood’ to ‘Adulthood’. Around this time, Saturn challenges us to shed anything that doesn’t serve. He asks us to get serious. He encourages us to look at our relationships and purge the ones not serving us fully. The Saturn return is meant to get our lives on track, and to best navigate our lives into our dharmic birth right. Without Saturn we couldn’t grow; there would no learning.

...some say you experience all the karma of the South Node of the moon in the first Saturn cycle, then you would live primarily from the North Node of the moon in the second Saturn cycle. I guess this means you are meant to find the balance of the two--permanently--after age 58, when Saturn comes back around again for ‘Elder-hood” initiation.

**SADE SATI; (7 1/2 YEARS OF SATURN/MOON)**

“Darkness falls”

Millions in India fear the time when Saturn transits within 45 degrees of your moon. It casts shadows on peoples lives. Sade sati is a time when your moon (or sOma, like mind, or emotional mind) is tested for its maturity. Do you still have copious amounts of destructive habits in your life? Do you walk your walk? Do you live with integrity, in your dharma? Sade sati is a test of our minds, our emotional minds, for its level of maturation. This is why it is feared by thousands. Sadi Sati lowers one into a deep state of depression so that we can finally see the purpose of our lives. We are forced to sit with ourselves.
...I know a woman who experiences her Saturn return and Sade sati at the same time because they are conjunct in her chart. She shined through the entire first return, it was beautiful. She was like a swan...so strong....so elegant--floating like light.

DASHA AND BHUKTIS

In the Vimshottari dasha system (a way of tracking karma from the moon’s Nakshatra “Lunar sign”), all of the planets go through their given Dasha cycle, with their subcycles, or ‘Bhuktis.” Some are long, others short. For instance, the moon is 10 years, Saturn is 19. In Saturn’s dasha cycle, the person is faced with the harshest 19 years of their life. Depending on the placement of Saturn in the natives chart, the shock will vary, but usually the lessons start without wasting much time. It is like Jedi training. And you go through each planet in your chart--slowly. If you survive it, you will be tip top shape, the strongest you have ever been. Saturn will have ‘chiseled’ a character out of you.

...he said it came on like Thor’s hammer. Feeling ‘enlightened’ one day, and utterly crushed the next. He has been this way for months: depressed and not leaving his house. Wonder what happened? I bet it was Saturn....
SATURN IN 12TH:

Karma starts leaking from our containers when Saturn reaches the 12th house. Thankfully, we are usually greeted with something we can hold onto, like the Gita, or some spiritual Reason. When Saturn is in the 12th house, we have no control of our lives. Everything slowly begins to shrivel or unravel. We are forced to surrender, and watch it go by. It all comes to the surface in Pisces (12th)... Sometimes, it is in the form of strange illness; other times, it is more of a subtle panic in the midst of confusion. Life just doesn’t make sense. It is a torrential feeling, but we all need it. It is the Divine pumping through us, recharging our cells. We have grey eyes during this transit, and peeling skin. Once Saturn crosses the Ascendant, though, it’s on. We take on a fresh, new form, and see with completely new eyes. We take the world by surprise.

...I’ve seen weird stuff here. Missing toes, strange growths, and disgusting illnesses, no words can describe.

AGE 36:

Around age 36, Saturn reaches his maturity. He is as powerful as he can be. How this experience plays out in our lives depends on our Will (Mars.) If we are strong, then we are rewarded. Weakness has no place in Saturn’s space. It is at age 36 when we should be pretty certain about what we are doing with our lives. If not, we will know by age 42 (the Uranus opposition, or “Mid-life crisis”).

...Saturn ascends, choose one or 10

“Summer at its height-- and snow on the rocks! The death of winter--and the withered tree blossoms!....”

--anon Zen words--
Purpose of Depression

Saturn’s gift to humanity is depression. Many people see depression as a debilitating emotion, but actual it is an amalgamation of emotions: it is seems to be a state, a gestalt more than an emotion. These “emotions” allow us to hit rock bottom and experience our darkest night. Only then can we see the light. Once visible, we can cultivate that light. Do not fear Saturn. He is the great teacher, upholding the dharma of the universe. We must respect him and honor him.

What about pharmaceutical drugs?

Do they help with Saturn?

...YES and no. THEY COMPLETELY GO AGAINST THE POINT, but do help some get there if they have a good doc. IF YOU CANT SEE OR FEEL THE EMOTION, YOU LEARN NOTHING. PHARMIES ONLY DELAY SATURN, THEY DON’T DESTROY HIM. AND USUALLY WHEN HE COMES BACK AROUND, ITS 100 X STRONGER. SO...IT IS GOOD TO BE AWARE OF THE GROUND STATE. A PLACE WHERE ALL THE HEALING HAPPENS. OUR COMPLETE AND ORDINARY STATE: A TOTALLY SOBER STATE OF MIND.

“A flower falls, even though we love it; and a weed grows, even though we do not love it”

Dogen

How to survive Saturn

Spiritual life is the cure for Saturn. If we are living in accordance with Divine law, (Saturn) we are forever happy. If we go against it, we will be “cursed.” There are, of course, many other ways you can propitiate Saturn, and get on his good side. You can:
Feed ravens or,  
Crows

Chant to him, or to Shiva (his overlord).


Do a Yagya, or Puja.

You can climb a mountain or sleep with him in a cave.  
You also can go on retreat to find him.

The bottom line is this:Get to know him, for when he is alive, it is best to be on his good side. He has a heavy hand.

The handwritten mantra below and the audio sound sample are by my dear friend, Swami Nandanand.

Below is a mantra you can use to Saturn. It is the Mahamrityunjaya Mantra to Shiva. It wards off illness and death. Chant it 108 times a day for starters. Do this for 3 months. It is best to recite with Shiva’s beads: The Rudraksha beads: Make an alter also, and sit in front of it as you chant. Offer yourself. Be a good little soldier of light, and recite:

Om Tryambakam Yajamahe  
Sugandhim Pushtvardhanam  
Urvrakamiva Bandhanan  
Mrityor Mukshiya Maamritat