

February, 1991

22nd

10:30 am

Ermont, France

Alpha360,

Hope you are well! Thank you for the opportunity of being able to do another report for you. You were wanting to know where your tinnitus is coming from, whether it is due to a willful act on your part or if it is something that is just fated due to the extra sensitivity that you would be prone to during your Rahu planetary period. The answer that I am able to glean from your astrology is that it is both. As we discussed in your first report, Rahu is noted for creating psychic imbalances during its dasa period. So, due to this, your sensitivity would be heightened during your Rahu dasa. If you add to that the fact that Rahu is in Sravana which is noted for heightened sensitivity as well, we can understand that there would be the tendency towards heightened sensitivity. As you mentioned, you have been sensitive to sound your whole life. This would have been increased manifold due to the dasa period. Then out of a desire for self-development you began listening to the subliminal tapes. It is probably healthier for you during your Rahu period to be more moderate with the input of information such as that which you are feeding your psyche. It likely lead to an overload. The tapes I am sure are helpful. But, I would recommend a more moderate approach to using them, perhaps for shorter spans of time as you are likely somewhat of a psychic sponge at present. Don't be so quick to play the

blame game with yourself for partially self-inducing this. Evolution is obviously a natural process that is filled with periods of trial and error. That is how we learn to work more in harmony with ourselves and the Universe in which we live. From that perspective, there really aren't any errors and therefore no reason to blame.

Here are some of the other factors in your chart that are likely responsible for the creation of this type of event. My hopes are that you will understand that it is an event which the potential for was triggered by several astrological factors, therefore a natural occurrence, albeit a partially induced one. As Sravana, where

1

Rahu is placed, is an artha (directed activity) nakshatra, we have more evidence that this was partially induced. But we must also understand that Rahu is a planet of fate. So, it is a bit of both.

As you are in Rahu/Venus, it is important to consider that two of your health-related houses are triggered during this time as Venus governs the 1st houses, both of which are vital to the process of understanding health.

Other triggering factors involve the 3rd

associated with the ears astrologically. You have an 11th

indicator of health and also associated with ears. It is being presently transited by Neptune which is in Shatabhisha, the lunar mansion which your Sun inhabits. Shatabhisha is known to create calamity or a healing crisis, sometimes even physical such as yours, the resolution or healing of which brings a gift of wisdom or insight. Something is always revealed through Shatabhisha. It is important to note also that Shatabhisha is ruled by Rahu, so this aspect is being heightened due to your present dasa as well. Since you are in Rahu dasa, the South Node,

Ketu, will also be brought into the equation. It is in the third house, again associated with ears. As we have already discussed, Sravana, the host of your natal Rahu, is also related to the ears. There are so many aspects of health and ears that are being triggered, hence the event you are experiencing. At the root of it is Rahu, which is vata by nature. Tinnitus is a vata imbalance.

Some things which will help you to heal this and reduce its impact involve working with the mantra that I gave you. Additionally, it is important that you eat a diet that helps to reduce vata in your system. I would stay away from coffee for a while as it would only be an irritating factor. Here are some things which you can eat in order to help you to balance vata. Sesame oil is especially helpful. But you should make sure that the sesame oil you buy is cold pressed rather than heated. Don't cook with the sesame oil. Instead it is better to put some on top of your food in order to receive the greatest benefit from it. As far as grains go, rice and wheat are the best. Sweet fruits such as bananas, melons, oranges, grapes, cherries and mangos are best. Stay away from dried fruits. The best vegetables to eat are beets, cucumbers, carrots, asparagus and sweet potatoes. The following are okay in moderation; peas, green leafy vegetables, broccoli, cauliflower, celery and plain potatoes. Avoid sprouts and cabbage. All vegetables should be cooked in ghee preferably or some other oil. Spices to use are cardamom, cumin, ginger, salt, cinnamon, cloves, mustard seed and small quantities of black pepper. All nuts are good. Dairy is also good, but heated and not with meals.

Sesame oil is so very therapeutic for vata imbalances. Massaging your feet with lightly warmed sesame oil is very therapeutic for vata imbalances. The oil can be

placed in a bottle which can be placed momentarily in hot water in order to heat it. You can also place a few drops of sesame oil (warmed) in each ear once a day to calm the tinnitus. This list is not exhaustive. There are many more things which you can do in order to calm vata. Through doing so, you should be able to reduce the impact of the ringing.

I hope that this is able to help you maniac360. You are likely going to find that although this experience has been rather bothersome, there are many other factors related to a heightened sensitivity which are exceptionally beneficial. But it is best to have the imbalance soothed and healed.

Best wishes!