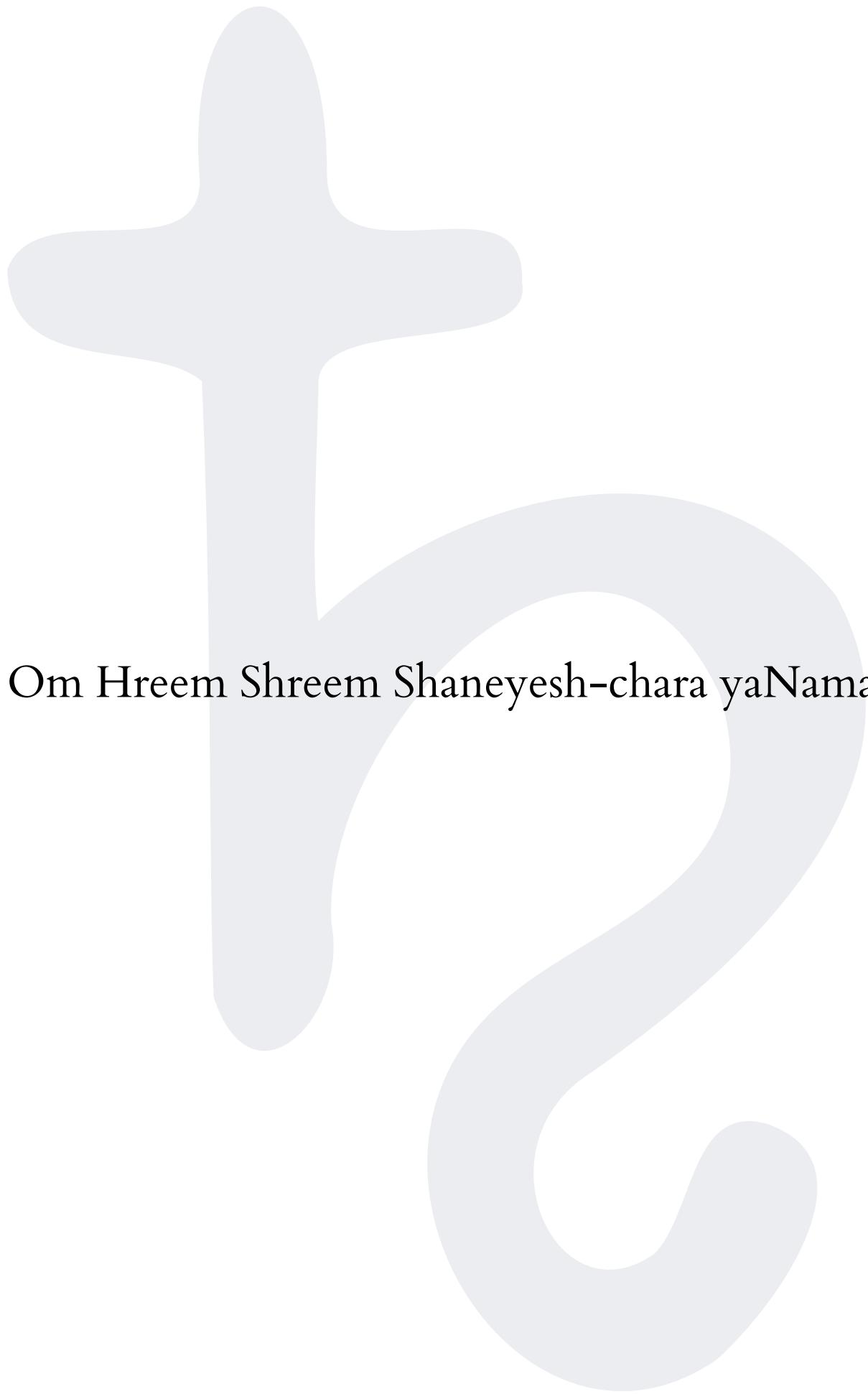




WORKING WITH SATURN DEVOTIONALLY

A Practical Guide

BY THE GRAVITY OF GRACE



Om Hreem Shreem Shaneyesh-chara yaNamaha

ORPHIC HYMN TO SATURN

ETHERIAL father, mighty Titan, hear,
Great fire of Gods and men, whom all revere:
Endu'd with various council, pure and strong,
 To whom perfection and decrease belong.
Consum'd by thee all forms that hourly die,
 By thee restor'd, their former place supply;
The world immense in everlasting chains,
 Strong and ineffable thy pow'r contains
 Father of vast eternity, divine,
O mighty Saturn, various speech is thine:
 Blossom of earth and of the starry skies,
Husband of Rhea, and Prometheus wife.
 Obstetric Nature, venerable root,
From which the various forms of being shoot;
 No parts peculiar can thy pow'r enclose,
Diffus'd thro' all, from which the world arose,
 O, best of beings, of a subtle mind,
Propitious hear to holy pray'rs inclin'd;
 The sacred rites benevolent attend,
And grant a blameless life, a blessed end.

Orphic Hymn to Saturn (Kronos)

Translated by Thomas Taylor (1792)

WHY WORK WITH SATURN?

There is no planet more steadfast in its devotion to your growth, nor more loyal in shaping your character than Saturn. To befriend Saturn is to be bestowed with the most valuable of treasures; the gift of wisdom born through experience. While Saturn's gifts often arrive cloaked in challenge and difficulty, the strength, clarity and maturity that emerge from his lessons are the foundation for true happiness, peace and self-respect.

Therefore, you are wise indeed to dedicate and invest your valuable time and energy to Saturn through the vehicle of this workbook. Whether you are seeking support during a Saturn Return, Saturn square natal Saturn, Saturn opposite your natal Saturn or any other major encounter with Saturn, this journey will help you move beyond the stereotype of Saturn as a cruel punisher, and come to know him as the wise and loving teacher he truly is; a force that beckons you to stand taller, clearer and more secure within yourself.

Everything we fear, Saturn included, always feels more daunting from a distance. Once we get curious, ask questions and welcome this energy into our lives, we find that our fears are really thresholds to greater level of wholeness and self-trust; thresholds that we will later thank ourselves for bravely crossing, for they will be the most rewarding acts of our life.

ENGAGING WITH SATURN DEVOTIONALLY

When we want to increase both our knowledge and energetic awareness of a planet, it is most effective to cultivate a devotional relationship with that planet. When you embark upon a devotional relationship with Saturn, you are effectively welcoming him into your life to show you his wisdom and to alchemize it into your consciousness. He will likely take up more space in your waking consciousness and he will converse with you through your daily events; the conversations you have, the content you read, etc. Whenever you are experiencing a major Saturn transit, working devotionally with Saturn can greatly help you navigate whatever challenges that may arise as well understand and integrate the lessons and opportunities that are being presented to you.

When we work with a planet devotionally, we meet the planet and relate to them in ways that are in accordance with the nature of that planet. We come to Saturn with discipline, structure, thoroughness, patience, and perseverance. These qualities are pleasing to Saturn and they are necessary when building a foundation. The strength of a foundation will determine how well a project or relationship holds up over time.

When you choose to work with Saturn, you will be asked to examine and reassess the patterns and structures that are upholding your life. It is not unlike Saturn to test the strength and integrity of your foundation. Perhaps for this reason, Saturn has been identified as a malefic planet; not because he wants to ruin your good time, but because storms are a fact of life, and Saturn wants you to know you can handle them. You will have to endure challenges that require patience, difficult choices, and the tenacity to see it through. Once you have met these challenges, you will be able to navigate life more freely and with more peace of mind because you will know you have built a solid foundation. That is to say, you have the self-trust and self-confidence that whatever challenge comes your way, you know you have the resources and the grit to move through it.

It is because Saturn wants you to have a solid foundation that he will send a storm so to speak. If your foundation is already solid, you will not experience too much turbulence. However, if there are areas of your life where the foundation is weak, Saturn will show you what they are, and you can start contemplating how to make your foundation even stronger.

Knowing what Saturn asks for and prefers can give you some guidance as to how to establish a devotional relationship with him. By offering him actions that are in alignment with his nature, you start a conversation.

When you start a new relationship of any kind, you get to know the other person by spending time with them, finding out what their interests are, and trying to understand their motives. A relationship with Saturn is no different. By allocating time to contemplate Saturn or do something on his behalf, you further immerse yourself in Saturnian energy, and you better understand Saturn on a personal level.

A RITUAL TO INVOKE A DEVOTIONAL RELATIONSHIP WITH SATURN

You begin the devotional relationship with a ritual to formally invite Saturn to work in your life and your consciousness. To prepare for the ritual:

1. **Establish a specific amount of time that the relationship will last.** It is generally advisable to commit to at least 6 months of devotion to a planet, though a year is really optimal for fully incorporating the energy and understanding of a planet.

Duration of Devotional Commitment: _____

2. **Learn about Saturn.** Do some research. Find out where he is in your natal chart. Identify the Saturnian challenges you are meant to work with.

Main Saturnian Challenges: _____

3. **How do you want Saturn to support you?** Determine what you would like Saturn to teach you, show you, or support you with during this time. It is wise to ask Saturn for support in an area of life you find challenging or in the specific challenges of your natal Saturn placement.

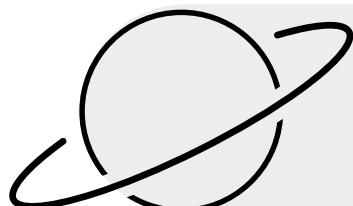
4. **Create an Altar.** Creating an altar to Saturn is a wonderful way for you to invite him into your consciousness and your daily life. When creating your altar, you can incorporate:

- Saturn's colors (black and navy blue), unpolished black stones, charcoal, lapis lazuli or saphire.
- Herbs and plants such as mandrake, poppy, sage, cumin, beets, olives, parsnip, spinach
- Natural elements such as teeth, bones, crow feathers
- A physical copy of "The Greatness of Saturn" by Robert Svoboda, or any other Saturnian book
- "The World" tarot card
- A black or navy blue candle that you light specifically when connecting with Saturn
- Any other Saturnian element that resonates with you
- You can also leave offerings such mustard oil, black sesame, or olives on the altar on a regular basis.

5. Choose 1-3 activities you can do on Saturn's behalf, on a regular basis until your devotional relationship is complete. Every time you perform this act, acknowledge Saturn and that this action is an offering to him. You will want to choose a Saturnine activity, some examples are:

- Sitting in noble silence
- Feeding street cats
- Donating to orphans
- Giving to beggars
- Helping the elderly
- Assisting people with health issues
- Learn a new, practical skill
- Spending time at your Saturn altar
- Fasting on Saturdays
- Chanting Saturn's mantra
- Reading the Orphic hymn to Saturn
- A daily or weekly ritual to honor Saturn
- An activity related to Saturn's placement in your natal chart

Of course, there are many other activities you could do on Saturn's behalf. It is most important to perform an action, for a decided period of time, on Saturn's behalf.

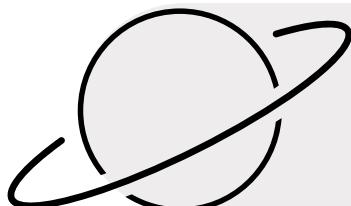


Devotional Act: Donate to an orphanage

example

Frequency: The first Saturday of every month

Duration: One year



Devotional Act: _____

Frequency: _____

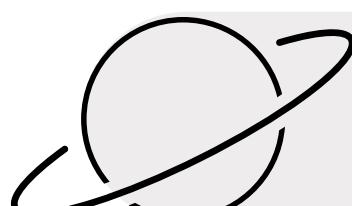
Duration: _____



Devotional Act: _____

Frequency: _____

Duration: _____



Devotional Act: _____

Frequency: _____

Duration: _____

6. **Plan:** Once you have created an altar, decided what you will ask of Saturn, and what you will do in return, it's time to plan the invocation ritual. Before you begin, write a letter to Saturn thanking him for his teachings and gifts, stating what devotional act you will be offering to him, and petitioning for a Saturnian quality in exchange. Keep the letter for the invocation ritual. During the ritual, you will be read the letter aloud as a declaration of our offering to Saturn.

Saturn Invocation Ritual

- Choose a Saturday, and if possible during Saturn's planetary hour, set aside at least 20 minutes.
- Prepare for the ritual by bathing and dressing in black or navy blue
- Sit in front of your altar. Light a candle and some incense.
- Place an offering on the altar (sesame, mustard oil, olives, a cup of tea made with Saturnian herbs, etc.)
- Chant Saturn's mantra (Om hreem shreem Shanayesh chara yaNamahah) 108 times. To keep track of the numbers of times you chant you can use a mala. You can also move 108 beans from one container to another.
- Read Saturn's orphic hymn
- Read the letter you wrote to Saturn out loud and place it on your altar when you've finished reading it.
- Sit in noble silence for about five minutes.
- Blow out the candle to close the ritual.

You can perform this ritual on a regular basis and omit the part where you read the letter. A ritual of connecting to Saturn through his orphic hymn, chanting his mantra, giving offerings and sitting in noble silence is a beautiful and powerful way of connecting to Saturnian energy on a regular basis.