



# SUBCONSCIOUS 7: ACTIVATE KETU

**HANDY BOOK BY ASTRONITA**



# Chapters:

<b>Introduction:</b> The Mystical Call of Number 7	<ul style="list-style-type: none"><li>• What is Mulank &amp; Bhagyank</li><li>• The soul's journey with Ketu</li><li>• Your birth number is a soul contract</li></ul>
<b>Chapter 1:</b> Understanding Ketu & the 7 Vibration	<ul style="list-style-type: none"><li>• Psychological and spiritual traits of 7</li><li>• Ketu's nature: detachment, intuition, moksha</li><li>• Why number 7s often feel "different"</li></ul>
<b>Chapter 2:</b> Cleansing the Subconscious – Ketu's Way	<ul style="list-style-type: none"><li>• Introduction to silence and mental detox</li><li>• Simple daily cleansing rituals</li><li>• "Let Go" Mantra: Om Ketave Namaha</li></ul>
<b>Chapter 3:</b> Awakening Dreams and Symbols	<ul style="list-style-type: none"><li>• Power of subconscious dreams</li><li>• How Ketu speaks in metaphors</li><li>• Start a dream journal</li></ul>
<b>Bonus: 7-Day Mystic Challenge</b> ( <i>Preview of deeper practices in Part 2</i> )	Small daily tasks to tune into your intuition Encouragement to upgrade to full guide

# ◆ Introduction: The Mystical Call of Number 7

Some numbers are ordinary — and some are sacred.

**Number 7** is one such sacred number.

It is the symbol of the seeker, the mystic, the thinker who refuses to accept reality at surface level.

It is not the number of the crowd, but of the solitary traveler who walks silently towards deeper truths.

In **Vedic numerology**, those born with **Mulank (Birth Number)** or **Bhagyank (Destiny Number)** 7 are deeply influenced by the energy of **Ketu** — the planet of liberation, intuition, past-life wisdom, and hidden forces.

They are the old souls, the wanderers between worlds, often misunderstood by society, yet holding within them a luminous potential waiting to be unlocked.

This book is an invitation.

It is a call to **activate the sleeping powers of your subconscious mind**, and to align yourself with the higher frequency of your true cosmic self.

The answers you seek are not outside — they are buried deep within you, in the vault of your own spirit.

This is the journey of the 7:

**from confusion to clarity, from chaos to cosmic connection.**

## ◆ What is Mulank & Bhagyank?

In Vedic numerology:

- **Mulank** is your **Birth Number** — derived from the day you were born.  
(For example, born on 7th, 16th, or 25th = Mulank 7.)
- **Bhagyank** is your **Destiny Number** — calculated by adding your complete birth date (day + month + year) and reducing it to a single digit.  
(For example, 14-06-1996 →  $1+4+0+6+1+9+9+6 = 36$  →  $3+6 = 9$ . So Bhagyank is 9.)

If **either your Mulank OR your Bhagyank is 7**, you carry the vibration of the Mystic.

You are subconsciously tuned to the frequencies of intuition, inner knowing, and karmic evolution — even if the world around you tries to drag you into noise and distraction.

Understanding your Mulank and Bhagyank helps you recognize your **soul blueprint**, the secret design you agreed to before you incarnated in this life.

# ◆ The Soul's Journey with Ketu

In Vedic astrology, **Ketu** is a mystical planet — a headless, shadowy force representing liberation, detachment, and karmic memory.

Ketu has no eyes, yet sees beyond illusion. It has no head, yet knows higher truths.

If you are guided by number 7, your soul is deeply linked to Ketu's vibration.

This means:

- You carry **memories of past lifetimes** within your subconscious.
- You are here to **complete karmic lessons** and **cut attachments** that no longer serve your spirit.
- You may feel an inner **emptiness** or **disconnection** from material success — because your soul craves **freedom**, not fame.
- You are naturally drawn to spirituality, mysteries, occult sciences, psychology, philosophy, meditation, healing arts.

Ketu is not about "adding more" — it is about **removing illusions** until only the purest self remains.

Thus, your soul's journey is not an upward climb; it is an inward pilgrimage.

# ◆ Your Birth Number is a Soul Contract

Before you were born, your soul chose a particular vibration to experience in this lifetime.

Your birth number — whether Mulank or Bhagyank 7 — is **not random**. It is a **soul contract** you signed with the Universe.

You agreed to live a life of **deeper questioning, spiritual awakening, and inner mastery**.

You agreed to walk paths few dare to walk — through the terrains of self-doubt, loneliness, intuition, and inner power.

You agreed to detach from illusions and awaken to reality.

This is why many 7s often feel out of place in a world obsessed with materialism.

You are not here merely to survive — you are here to **awaken**.

This book will guide you through the secret corridors of your subconscious mind, helping you **activate Ketu's hidden gifts** — gifts you have carried across many lifetimes, now ready to bloom.

**The call has already begun.**

You are reading this because your soul remembers.

Now, let us walk the path of the Mystic Seven.



# ◆ Chapter 1: Understanding Ketu & the 7 Vibration

The number 7 is not ordinary. It is deeply spiritual, encoded with the mysteries of the universe. Those who carry this number — through **Mulank** or **Bhagyank** — are touched by the silent hand of **Ketu**, the planet of liberation and inner wisdom.

To understand the power of number 7, you must first understand the energy of Ketu — your unseen guide.

## ◆ *Ketu: The Headless Sage*

In Vedic mythology, Ketu is the **tail of the serpent**, the body without a head. It does not think in logical terms. It doesn't chase desires or climb ladders of success.

Instead, Ketu **feels, intuit, remembers**, and dissolves illusions.

Ketu is a **shadow planet**, invisible to the eye, but powerful in effect. Wherever Ketu is placed in your horoscope, it brings **past-life baggage, unfinished lessons**, and the urge to **detach from material attachments**.

While other planets give — Ketu **takes away**.

But not as punishment. Ketu removes only what is false, what distracts you from your real mission.

Ketu's purpose is to **strip you of illusions**, so that you may awaken to your eternal self.

# ◆ Chapter 1: Understanding Ketu & the 7 Vibration

## ◆ *The Traits of a 7 Soul (Ketu Person)*

If your Mulank or Bhagyank is 7, you may already notice the following signs in yourself:

- A constant feeling of **not fitting in**
- A love for **mystery, philosophy, psychology, or spiritual knowledge**
- Difficulty in forming deep relationships unless the connection is soul-based
- Intuitive hunches that turn out to be true
- Recurring dreams or flashes from past lives
- A tendency to feel **lonely even among people**
- A craving for **meaning, not materialism**
- The world often labels 7s as **strange, aloof, or overly introspective**. But in truth, 7s are just tuned to a different frequency — one that values silence over noise, depth over drama, and the soul over the surface.
- You are **not here to follow trends**. You are here to **decode truths**.



# ◆ Chapter 1: Understanding Ketu & the 7 Vibration

## ◆ *What Happens When You Don't Understand Ketu's Vibration*

If Ketu's energy is **ignored** or **misunderstood**, a 7 person can spiral into:

- Overthinking, anxiety, or emotional numbness
- Depression due to lack of direction or soul purpose
- Escaping through unhealthy habits (overthinking, isolation, addictions)
- Confusion between detachment and disconnection
- Feeling lost or purposeless in the material world

This happens when the soul resists the call of inner transformation.

When you try to live like everyone else, you **betray your soul contract** — and Ketu responds by making you uncomfortable, so that you are pushed back on your true path.

# ◆ Chapter 1: Understanding Ketu & the 7 Vibration

## ◆ *What Happens When You Embrace It*

But when you begin to **honor Ketu's guidance** and live as a 7 soul should, something powerful unfolds:

- Your inner voice becomes razor sharp
- You begin to **attract people who match your frequency**
- You experience **clarity in confusion**
- You become a guide for others without trying to be
- You unlock creativity, healing abilities, and intuitive gifts

You stop chasing the outside world and begin building your **inner empire**.

That is the gift of number 7 — to become **empty of illusions**, so that you may become **full of light**.

# ◆ Chapter 1: Understanding Ketu & the 7 Vibration

## ◆ *You Are Not a Mistake — You Are a Message*

Being born as a 7 is not a coincidence.  
It is a deliberate decision made by your soul.  
You are a **spiritual transmitter** in a noisy world.

Your silence speaks volumes. Your solitude holds answers.

You do not need to become someone else — you simply need to remember who you are.

Let this chapter be your permission to honor your path.

Let the next chapters guide you on how to cleanse your subconscious, tune into dream symbols, and walk side-by-side with Ketu — not in fear, but in full trust.



## ◆ Chapter 2: Cleansing the Subconscious – Ketu's Way

Before a garden can bloom, the soil must be cleared.

Before the subconscious mind can awaken, the old debris must be washed away.

**Ketu's first teaching is simple:**

*“Empty yourself, and the Universe will fill you.”*

If you are a 7 soul, your subconscious carries not only memories from this life but **traces from many previous lifetimes**.

Ketu, the guardian of karmic memory, asks you to **cleanse** these layers — gently, lovingly — so that your true power can emerge.

## ◆ Chapter 2: Cleansing the Subconscious – Ketu's Way

### ◆ *The Importance of Mental Detox for 7s*

The world bombards us with noise — news, opinions, fears, temptations.  
For a sensitive 7 mind, this becomes overwhelming.

Without cleansing, you may feel:

- Mentally foggy
- Emotionally drained
- Spiritually disconnected
- Chronically anxious or restless

Thus, before you can “activate” your subconscious mind, you must first **clear the static**.

Mental clarity is not a luxury for 7s.  
It is **a necessity**.

# ◆ Chapter 2: Cleansing the Subconscious – Ketu's Way

## ◆ *Simple Daily Cleansing Rituals for 7s*

### ① The Silence Ritual

- Every day, give yourself **7 minutes of complete silence** — no music, no phone, no conversation. Just you, your breath, and your being.
- Sit comfortably.
- Close your eyes.
- Focus on the breath entering and exiting your nostrils.
- No need to “do” anything — simply **observe**.

This daily silence acts like a sacred bath for your mind. Gradually, it will tune you to Ketu's frequency of **deep knowing**.

### ② Mental Clutter List

- Every night before sleeping:
- Take a notebook.
- Write down all the thoughts crowding your mind — worries, ideas, plans, regrets.
- Empty your mind onto the paper.

This is called a **mental declutter dump**.

When you write things out, your mind can rest without looping endlessly.

You will notice lighter, calmer dreams — Ketu's first language is through dreams.



## ◆ Chapter 2: Cleansing the Subconscious – Ketu's Way

### ◆ *Simple Daily Cleansing Rituals for 7s*

#### ③ Ketu Mantra for Release

- Chant “**Om Ketave Namaha**” softly for 7 minutes daily.
- This ancient vibration connects your conscious mind with Ketu's liberating energy.  
It acts like a magnet, pulling out hidden blockages from the subconscious.
- You can chant silently or aloud.  
If you miss a day, forgive yourself and begin again.

### ◆ “*Let Go*” — *The Ketu Keyword*

If you forget everything else, remember this:

***The secret to activating Ketu power is to LET GO.***

Let go of:

- The need to understand everything logically
- The desire to control outcomes
- The fear of being alone
- The pressure to conform to society's expectations

The more you release, the lighter your subconscious becomes.  
And in that lightness, your true intuition — your cosmic GPS — will awaken.

## ◆ Chapter 2: Cleansing the Subconscious – Ketu's Way

### ✧ Mystic Tip:

Each time you let go of something that no longer serves you, you move one step closer to your soul's true blueprint.

In the next chapter, we will explore how your **dreams and symbols** act as secret doorways into your subconscious — and how to begin unlocking them.

Your Ketu activation journey has just begun.

## ◆ Chapter 3: Awakening Dreams and Symbols

### ◆ *The Dream World: Ketu's Playground*

When you sleep, your logical mind rests — and your **subconscious mind rises**.

This is when Ketu sends you visions, signs, and emotions from deeper layers of your being.

Some dreams are simply a release of daily tension. But others — the vivid, strange, emotional ones — are doorways to:

- **Karmic memories**
- **Past life lessons**
- **Future warnings or insights**
- **Unhealed emotional wounds**

For a 7, understanding your dreams is like reading secret letters from your soul.



## ◆ Chapter 3: Awakening Dreams and Symbols

### ◆ *Signs That a Dream is a Ketu Message*

Not all dreams are equal.

Here's how you can recognize a true Ketu dream:

- The dream feels **more real than reality**
- You wake up with strong emotions (peace, fear, wonder, sadness)
- Certain symbols (snakes, rivers, doors, keys, mountains) repeat often
- You feel a mysterious pull to remember the dream, even days later
- You dream of ancient places, unknown lands, or people you've never met but feel connected to

Whenever you sense these signs, pay attention.

Ketu is trying to **speak**.

# ◆ Chapter 3: Awakening Dreams and Symbols

## ◆ *How to Activate Dream Awareness*

You don't have to be a master astrologer or psychologist to start working with your dreams.

All you need is consistency and a little trust.

Here's a simple 3-step method:

### ❶ Dream Journal

Keep a notebook next to your bed.

As soon as you wake up — even if you remember only one word, color, or feeling — write it down.

- No judgment
- No logic
- Just raw recording

Over time, patterns will emerge.

You'll see how your soul speaks in a personal, symbolic language.

# ◆ Chapter 3: Awakening Dreams and Symbols

## ◆ *How to Activate Dream Awareness*

### ② Dream Question Ritual

Before sleeping, close your eyes and softly ask:

*“Ketu, show me what I need to know tonight.”*

Then surrender.

Don't force a dream to happen.

Trust that when the time is right, a vision will come.

Ketu responds best when approached with humility and patience.

### ③ Symbol Decoding Practice

After recording your dreams, ask yourself:

- How did I feel in the dream? (emotion matters more than logic)
- What was the main symbol? (animal, object, place)
- What does that symbol represent to me personally?

For example:

- A river may mean **flow and emotional healing**.
- A locked door may symbolize **unresolved fears**.
- A snake may represent **transformation or kundalini energy**.

Trust your personal meanings over textbook definitions.

Your subconscious is **your own sacred terrain**.



## ◆ Chapter 3: Awakening Dreams and Symbols

### ◆ *Dreams Are Mirrors, Not Predictions*

Understand this truth deeply:

*“Dreams are not always predictions of the future. They are reflections of your current soul energy.”*

When you dream of running, it may reflect an inner fear.

When you dream of flying, it may show your soul’s readiness for higher expansion.

Dreams are mirrors showing you what needs attention, healing, or celebration.

### ◆ **Mystic Tip:**

Dreams open doors that the logical mind has locked shut.

**Be a gentle guest in the dream world, not a thief trying to steal meaning.**

In the next chapter, we will go even deeper — learning about **The 7 Ketu Keys** — sacred inner powers that every 7 soul must awaken to fully activate their destiny.

You are not just a dreamer.  
You are a soul remembering itself.

The real magic begins now.

## ◆ Bonus: 7-Day Mystic Challenge

Awakening your subconscious mind doesn't have to be complicated.

All it needs is **consistent sacred actions** — small daily steps that align your spirit with your Ketu power.

This **7-Day Mystic Challenge** is designed specially for **Mulank 7 and Bhagyank 7 souls** to activate intuition, heal hidden blocks, and tune into the higher self.

You don't need any fancy tools — just willingness and 10-15 minutes daily.

Ready to meet your deeper self?

Let's begin.

## ◆ Bonus: 7-Day Mystic Challenge

### ◆ Day 1: The Breath of Silence

- Find a quiet spot.
- Sit comfortably with your back straight.
- Close your eyes.
- Simply **watch your breath** — no control, no effort.

▶ ❓ **Do this for 7 minutes.**

❓ **Mystic Activation:** As the breath flows in and out, feel yourself connecting to the endless cosmic rhythm.

## ◆ **Bonus: 7-Day Mystic Challenge**

### ◆ **Day 2: Release Ritual**

- Take a notebook or plain paper.
- Write freely for 7 minutes about what you need to **let go** (fears, regrets, emotional burdens).
- No thinking — just flow.

► **After writing, fold the paper and burn it safely (or tear it).**

**☐ Mystic Activation:** Feel the release in your body and mind as you surrender old baggage to the universe.



## ◆ Bonus: 7-Day Mystic Challenge

### ◆ Day 3: Ketu Mantra Meditation

- Sit quietly.
- Chant aloud or mentally:
- *"Om Ketave Namaha"*

► ? Chant for 108 times (use mala beads if you have, or simply count with breath).

? **Mystic Activation:** Imagine each chant peeling off layers of illusion from your energy field.

## ◆ **Bonus: 7-Day Mystic Challenge**

### ◆ **Day 4: Dream Whisper**

— Before sleeping, softly ask:

*"Dear Ketu, show me what I need to remember tonight."*

▶ **☐ Place a notebook near your bed.**

▶ **☐ Write down anything you dream, even fragments.**

**☐ Mystic Activation:** Your subconscious doorways begin to open wider for cosmic messages.

## ◆ Bonus: 7-Day Mystic Challenge

### ◆ Day 5: Nature Walk with No Destination

- Go outside — even if it's just to a nearby park or street.
- Walk **slowly** with no phone, no plan, no agenda.
- Simply observe — trees, sky, birds, people, sounds.

▶ ? **Walk for at least 7-17 minutes.**

? **Mystic Activation:** Feel yourself merging into the grand oneness of life, dropping the "small self" identity.

## ◆ Bonus: 7-Day Mystic Challenge

### ◆ Day 6: Water Cleansing Ritual

- Before bathing, stand quietly and affirm:  
*"As water flows over me, all blockages are washed away."*

► ? Imagine emotional heaviness draining out of your body as the water touches your skin.

? **Mystic Activation:** Water, ruled by subtle energies, helps purify the subconscious layers.



## ◆ Bonus: 7-Day Mystic Challenge

### ◆ Day 7: Write Your Soul's Message

- Sit quietly with a blank paper.
- Close your eyes.
- Ask your higher self:

*"What message do you have for me?"*

▶ **?** Start writing without thinking. Let your soul speak.

**?** **Mystic Activation:** The words you write may surprise you — they are your inner wisdom calling you home.

## ◆ Bonus: 7-Day Mystic Challenge

### ✧ Completion Ritual:

After finishing all 7 days:

- Light a small candle.
- Whisper:

*"I am ready. I am open. I welcome the awakening of my true self."*

Smile, breathe deeply, and trust:

**You have started your Ketu awakening journey.**

**Remember:** You can repeat this 7-Day Mystic Challenge anytime you feel disconnected, lost, or heavy.

It will realign you with your soul's original contract.