

A WORKING GUIDE

Your Rahu–Ketu Axis

The pattern you keep repeating, house by house — and
what it's actually asking of you.



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I'm Medha — a Vedic astrologer and hypnotherapist. I've worked with over a thousand people, helping them figure out why they keep repeating the same pattern, even when they already know better.

I don't do vague predictions or scary remedies. I use your birth chart to show you the actual pattern you're stuck in, and I use hypnotherapy to help you actually shift it, not just understand it.

If something in this guide hit home, that's not a coincidence. That's the whole point.

Thank you for stopping by and letting me guide you through this. I'm really glad you're here, and I hope to see you around.

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BEFORE YOU BEGIN

How To Read This

Rahu and Ketu always sit opposite each other in your chart. Wherever Rahu is, Ketu is exactly seven houses away — so you're never looking at two separate stories. You're looking at one axis: the thing you keep chasing, and the thing you keep avoiding because you've already lived it once.

Find the house your Rahu sits in in your birth chart. That's your section. Ketu's placement will already be explained alongside it — you don't need to look it up separately.

Every house gets two pages. The first page shows you the pattern — what you're chasing, the trap it creates, what you're avoiding, and the lesson underneath. The second page tells you what to actually do about it — what success looks like, and the specific steps to get there.

The age bracket on each page follows the classical twelve-house life-cycle framework, where each house governs roughly a twelve-year window across a lifetime. Treat it as a general lens, not a fixed prediction — your own dasha timeline will sharpen exactly when a pattern becomes loudest. The pattern itself has been shaping you since birth either way.

Rahu in the 1st House

Ketu in the 7th House

- ◆ **You're chasing your own identity. You want to stand out because of who you are, not because of who you're with.** This means you want your own name attached to your work, your own achievements, your own reputation. You don't want to be known as someone's partner. You want to be known as you.
- ◆ **This can turn into you avoiding people completely.** You start calling it independence, but really, you're just scared to let someone get close because you think it'll take away from what you're building. You end up alone, even when you didn't actually want to be.
- ◆ **You're avoiding real relationships — not friendships, but the kind where you actually let someone matter to your decisions.** Part of you feels like you've already given too much to someone else before, and now you don't want to do that again. But avoiding relationships completely isn't the answer either.

THE LESSON UNDERNEATH

Having your own identity is a good thing. But you don't need to be alone to have it. You can build your name, keep your independence, and still let someone be close to you. One doesn't cancel out the other.

What This Means For You

Rahu 1st House · Ketu 7th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You know exactly who you are — your work, your interests, your personality — and none of that changes when you're in a relationship. You don't lose yourself when you let someone in.

What You Need To Actually Do

- 1 Stop treating every relationship like it's going to take something away from you. Notice when you're pulling away just because you're scared, not because something's actually wrong.
- 2 Keep doing the things that make you, you — your work, your hobbies, your goals. Don't drop them for anyone.
- 3 When you're in a relationship, actually let the other person have a say in your decisions sometimes. You don't have to do everything solo to prove you're independent.
- 4 Spend time every week doing something that's just yours, so you don't feel like you're losing yourself when you get close to someone.

ONE QUICK QUESTION

Which house is your Rahu in?

DM me with the house number and I'll tell you what you're likely chasing without realizing it.

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Rahu in the 2nd House

Ketu in the 8th House

- ◆ **You're chasing money and things you can hold onto. Making money and having stuff feels like your top priority — it's how you feel safe.** You want savings, income, assets — proof that you're not going to end up with nothing. The more you have, the safer you feel.
- ◆ **The problem is, you never feel like you have enough.** You keep making more, saving more, buying more, and it still doesn't feel like enough. Your bank balance becomes the way you measure if you're doing okay in life.
- ◆ **You're avoiding anything that feels unstable or intense — breakups, big life changes, deep emotional stuff.** You've probably already been through some kind of major loss or crisis before, and now you just want to keep things calm and predictable.

THE LESSON UNDERNEATH

Money and stability matter — there's nothing wrong with wanting that. But real safety isn't just about how much you have in the bank. You also need to be okay with the messy, uncertain parts of life, the stuff you can't plan for.

What This Means For You

Rahu 2nd House · Ketu 8th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You've built real financial stability — steady income, savings, no constant money stress. And on top of that, you're not scared anymore when life gets messy or uncertain. You can handle it instead of avoiding it.

What You Need To Actually Do

- 1 Keep building your savings and income — that instinct is good, don't kill it.
- 2 But start noticing when you're using "I need to focus on money" as an excuse to avoid dealing with something emotional in your life.
- 3 Next time something big and unpredictable happens — a breakup, a loss, a sudden change — don't just push through it and get back to work. Actually sit with it for a bit.
- 4 Talk to someone, a therapist or a close friend, about the big stuff you've been avoiding, not just your finances.

ONE QUICK QUESTION

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Rahu in the 3rd House

Ketu in the 9th House

- ◆ **You're chasing proof that you're capable, through hard work, effort, and hustle.** You feel like you constantly need to prove yourself by doing more, trying harder, pushing through things other people wouldn't bother with.
- ◆ **You can't stop. Even when you've already proven yourself, you don't feel satisfied, so you keep raising the bar.** It becomes less about the actual work and more about needing to prove something to yourself, over and over again.
- ◆ **You're avoiding just trusting something without testing it yourself first — a belief, a philosophy, advice from someone else.** You've probably already spent a lot of time chasing “the truth” from teachers or big ideas. Now you don't need another one — you need to trust your own effort.

THE LESSON UNDERNEATH

Your hard work is real and it matters. But you don't need to keep proving it to anyone, including yourself. At some point you have to let the effort be enough — you don't need a trophy or applause to know you did the work.

What This Means For You

Rahu 3rd House · Ketu 9th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You keep doing the daily work you're good at, consistently, without burning yourself out trying to prove something. You don't need constant validation to know you're doing well.

What You Need To Actually Do

- 1 Notice when you're working hard just to prove something instead of because it actually needs to be done. Ask yourself: am I doing this for the result, or because I need someone to notice?
- 2 Set a stopping point for your work each day, and actually stop. Don't let "I need to do more" run the whole day.
- 3 Start trusting your own judgment instead of looking for the next book or expert to tell you you're doing it right.
- 4 Give yourself credit for the effort you've already put in, instead of immediately moving the goalpost.

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Rahu in the 4th House

Ketu in the 10th House

- ◆ **You're chasing peace of mind through your environment — the perfect home, the perfect setup.** You think once your house, your room, your surroundings are exactly right, you'll finally feel calm.
- ◆ **No matter how much you fix your surroundings, the peace doesn't last.** You keep changing your space, moving things around, redecorating, and it still doesn't fix the restlessness, because the restlessness was never really about the house.
- ◆ **You're avoiding being visible in your career. Some part of you would rather stay comfortable and unnoticed than put yourself out there.** You might downplay your own talent because staying low-key feels safer than being seen and possibly judged.

THE LESSON UNDERNEATH

Wanting a calm home is completely fine. But peace doesn't actually come from your surroundings, it comes from inside you. You also don't have to hide your talent just to feel safe. You can be visible and still feel okay.

What This Means For You

Rahu 4th House · Ketu 10th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You've got a home that actually feels calm and settled. And separately, you're also doing work that people can see and recognize you for. You're not hiding anymore.

What You Need To Actually Do

- 1 Stop redecorating or moving to fix a feeling that isn't actually about your space. If you're restless, figure out what's really bothering you first.
- 2 Take one small step toward being more visible in your work this month — post about what you do, apply for something bigger, let people know what you're capable of.
- 3 Build a simple daily routine at home that makes you feel grounded, so you're not depending on your environment being perfect.
- 4 When you get a compliment or recognition at work, don't downplay it. Just say thank you and let it land.

ONE QUICK QUESTION

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Rahu in the 5th House

Ketu in the 11th House

- ◆ **You're chasing attention for being talented or special, through your creativity, romance, or just being the one everyone notices.** You want to be seen as the gifted one, the one people remember.
- ◆ **You start needing applause to feel like what you did actually mattered.** If people don't react, don't compliment you, don't notice, you feel like the work, or the relationship, didn't count.
- ◆ **You're avoiding just being one normal part of a group, not the center of attention, just a regular member.** Being just "one of many" feels uncomfortable, like you're losing something, so you keep choosing to stand out instead of blending in.

THE LESSON UNDERNEATH

Your talent is real, and there's nothing wrong with wanting to be seen. But you don't need applause every single time to know your work is good. And being part of a group doesn't mean you disappear, you can still matter without being the center of it.

What This Means For You

Rahu 5th House · Ketu 11th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You're using your creativity or your talent to help build something bigger than just your own image, a group project, a community, something that isn't only about you getting noticed.

What You Need To Actually Do

- 1 Next time you finish something creative, don't immediately check how many people liked it or noticed it. Sit with just knowing you made it first.
- 2 Join or contribute to something where you're not the main person, a group project or a team effort, and get comfortable not being the center of it.
- 3 Notice if you're chasing romantic attention just to feel special. If so, pause before jumping into it.
- 4 Redirect some of your creative energy into something that benefits a group, not just your own recognition.

ONE QUICK QUESTION

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Rahu in the 6th House

Ketu in the 12th House

- ◆ **You're chasing wins, proving you're strong by fighting, competing, or just pushing through more than everyone else.** Struggling and working hard feels like proof that you're doing life right.
- ◆ **You end up picking fights or creating struggle even when you don't need to, because without something to fight, you don't know who you are.** Overworking becomes your default. Rest starts to feel like you're failing.
- ◆ **You're avoiding rest and slowing down. Anything that looks like stopping makes you uncomfortable.** Some part of you is scared that if you stop pushing, you'll fall apart or disappear.

THE LESSON UNDERNEATH

Your work ethic and strength are real, and that's a good thing about you. But you're not supposed to be fighting or working all the time. Rest isn't weakness, it's part of the deal, not something you failed at.

What This Means For You

Rahu 6th House · Ketu 12th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You still get things done and you're still driven, but you've actually built rest into your life. You don't treat every day off as wasted time.

What You Need To Actually Do

- 1 Schedule actual rest into your week, not "rest until I feel guilty," real planned downtime.
- 2 Notice when you're picking a fight or creating drama just because things feel too calm. Ask yourself if the fight is actually necessary.
- 3 When you finish a big task, let yourself stop for a bit instead of immediately jumping to the next thing.
- 4 Remind yourself that taking a break doesn't erase everything you've already built.

ONE QUICK QUESTION

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Rahu in the 7th House

Ketu in the 1st House

- ◆ **You're chasing completion through a relationship, like a partner is going to finish something that feels missing in you.** You feel most okay about yourself when you're in a relationship, and kind of unfinished when you're single.
- ◆ **You slowly stop trusting your own opinions and start going along with whatever keeps the relationship comfortable.** After a while, you're not even sure which decisions were actually yours.
- ◆ **You're avoiding being on your own, trusting your own judgment about your life without needing someone else to confirm it.** Being alone might feel unfamiliar or even a little scary, more than it actually should.

THE LESSON UNDERNEATH

Wanting a partner is completely normal. But a relationship should add to your life, not complete it. You need to trust yourself first, the relationship comes after that, not instead of it.

What This Means For You

Rahu 7th House · Ketu 1st House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You trust your own decisions, with or without a partner. When you do have a relationship, it feels like company, not like you needed it to feel whole.

What You Need To Actually Do

- 1 Practice making decisions on your own and sticking with them, even small ones, without needing someone else's approval first.
- 2 Spend real time being okay on your own, even while in a relationship, instead of jumping from one relationship straight into the next.
- 3 Notice when you're changing your opinion just to avoid conflict in a relationship. Speak up instead.
- 4 Build a life you actually enjoy on your own, hobbies, friendships, goals, so a relationship is a bonus, not a requirement.

ONE QUICK QUESTION

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Rahu in the 8th House

Ketu in the 2nd House

- ◆ **You're chasing intensity, drama, secrets, big sudden changes, anything that makes you feel really alive.** Calm, steady life can start to feel boring to you, like nothing's actually happening.
- ◆ **You start creating chaos without even realizing it, because steady and stable feels dull compared to the rush of a crisis.** Drama becomes something you're almost addicted to.
- ◆ **You're avoiding simple, boring stability, steady income, steady routine, nothing exciting happening.** It probably feels stifling or pointless to you, even though it's exactly what would actually help you.

THE LESSON UNDERNEATH

The intensity you're drawn to is real, and it's okay to want depth in your life. But you don't need chaos or crisis to get that depth. You can find it in calmer ways too, on purpose instead of by accident.

What This Means For You

Rahu 8th House · Ketu 2nd House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You still get to go deep into things, research, psychology, healing, whatever pulls you, but you're doing it on purpose, not because your life fell apart again.

What You Need To Actually Do

- 1 Notice when you're creating unnecessary drama in your life just because things feel too calm.
- 2 Find a "deep" outlet that isn't chaotic, therapy, research, a serious hobby, something that satisfies your need for intensity without blowing up your life.
- 3 When something stable and good is going well, resist the urge to mess with it just because it feels boring.
- 4 Build a simple savings habit or routine, even if it feels unexciting. Stability isn't the enemy.

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Rahu in the 9th House

Ketu in the 3rd House

- ◆ **You're chasing meaning, the right belief system, the right teacher, the answer that's finally going to make everything make sense.** You keep looking outside yourself for the truth.
- ◆ **You keep switching between beliefs, teachers, or philosophies because none of them ever feel like the final answer.** You're always looking for the next thing to believe in.
- ◆ **You're avoiding the boring, daily work of actually building a skill, showing up every day without some bigger meaning attached to it.** Doing small, repetitive things without a grand purpose feels pointless to you.

THE LESSON UNDERNEATH

It's okay to care about meaning and bigger ideas. But belief doesn't mean much if you're not actually doing anything with it every day. You need daily action, not just another philosophy to believe in.

What This Means For You

Rahu 9th House · Ketu 3rd House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You've stopped hopping from one teacher or belief system to the next. You've built something real through consistent daily effort, something you can actually point to.

What You Need To Actually Do

- 1 Pick one thing you already believe in and actually build a daily habit around it, instead of looking for the next book or teacher.
- 2 Stop treating "finding the right belief" like the finish line. It's not, doing the work is.
- 3 The next time you feel unmoored or lost, resist the urge to look for another belief system. Do something small and concrete instead.
- 4 Track your daily effort somewhere, a journal or a habit tracker, so you can actually see proof of what you're building.

ONE QUICK QUESTION

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Rahu in the 10th House

Ketu in the 4th House

- ◆ **You're chasing status, the title, the achievement, proof that you've made it.** You measure your worth by how impressive your career looks from the outside.
- ◆ **No matter how much you achieve, it's never enough. You hit one goal and immediately need the next one.** The finish line keeps moving every time you get close to it.
- ◆ **You're avoiding rest and being taken care of. Slowing down or letting yourself be looked after feels uncomfortable, almost unearned.** You'd rather chase the next achievement than sit still.

THE LESSON UNDERNEATH

Ambition is a good thing, keep it. But rest isn't something you need to earn first. You're allowed to slow down and be taken care of, even if you haven't hit the next goal yet.

What This Means For You

Rahu 10th House · Ketu 4th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You're still achieving real things in your career, but you've also got a home life and rest that you actually let yourself enjoy, instead of just powering through.

What You Need To Actually Do

- 1 Pick one day a week where you actually stop working, no checking email, no "just one more thing."
- 2 Notice when you hit a goal and immediately move to the next one without celebrating. Stop and actually acknowledge what you did.
- 3 Let someone take care of you sometimes, accept help, accept comfort, don't just push through everything alone.
- 4 Ask yourself honestly: is this next goal something I actually want, or just something to chase so I don't have to sit still?

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Rahu in the 11th House

Ketu in the 5th House

- ◆ **You're chasing the right circle, connections, network, people who make you feel like you belong somewhere important.** You want to be part of a group that matters.
- ◆ **Your relationships start feeling transactional. You start measuring people by what they can do for you.** Belonging starts to feel conditional on what you're getting out of it.
- ◆ **You're avoiding your own creative expression, making something just because it's yours, with no group or benefit attached.** Doing something purely for yourself feels indulgent or unnecessary.

THE LESSON UNDERNEATH

Wanting good connections and community is completely fine. But real gain usually comes from what you actually build or make, not just from who you know. Networking isn't a replacement for creating something of your own.

What This Means For You

Rahu 11th House · Ketu 5th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You've got your community, and separately, you've also got something creative that's just yours, not for networking, not for gain, just because you wanted to make it.

What You Need To Actually Do

- 1 Start something creative that has nothing to do with networking or gain, just for the sake of doing it.
- 2 Notice when you're being friendly with someone mainly because of what they can offer you. Be honest with yourself about that.
- 3 Spend time with people because you actually enjoy them, not just because they're useful to know.
- 4 Set aside a little time each week purely for a hobby or creative project that's just for you.

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Rahu in the 12th House

Ketu in the 6th House

- ◆ **You're chasing escape, wanting to get away, mentally, spiritually, or physically, from ordinary daily life.** Regular life feels too small or too boring, and you're always looking for a way out of it.
- ◆ **Withdrawing or checking out starts to look like spiritual growth, when really it's just avoiding responsibility.** You call it surrender, but it's actually just opting out.
- ◆ **You're avoiding routine and structure, the boring daily stuff that actually keeps a life running.** Discipline feels like a cage to you, so you keep drifting instead of building consistent habits.

THE LESSON UNDERNEATH

Wanting deeper meaning or a spiritual life isn't wrong. But you need a solid daily routine underneath it, or you're just drifting, not actually growing. Structure is what makes the deeper stuff work, not what ruins it.

What This Means For You

Rahu 12th House · Ketu 6th House

WHAT SUCCESS ACTUALLY LOOKS LIKE

You've got a real inner or spiritual life, and it's held up by an actual daily routine, not by constantly running away from your responsibilities.

What You Need To Actually Do

- 1 Build one small daily routine and stick to it for a month, something simple, like a set wake-up time or a short daily task.
- 2 Notice when you're using "I need space" or "I need to get away" as an excuse to avoid something you're actually responsible for.
- 3 If you want a spiritual practice, make it a scheduled daily habit, not just something you do when you feel like escaping.
- 4 Before making a big move to "get away," ask yourself if you're solving a real problem or just running from a boring one.

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ONE LAST THING

Now Go Check Your Chart

Reading about a pattern and recognizing it inside your own life are two different things. If one of these houses landed harder than the others, that's usually the one worth sitting with — not the one that sounded the most dramatic.

Vedic astrology can show you the shape of the pattern. It can't undo it on its own — that's the part subconscious work is actually for.

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