Twitter Thread by Spiritual GPS Service



Spiritual GPS Service
@AstroCounselVik

12th house also indicates how well you sleep.

Afflictions to the 12th house and the moon can cause insomnia, problems in getting a sound sleep.

Even transit of planets like Saturn, Mars, Nodes (Rahu/Ketu) over your 12th house or moon can temporarily affect your sleep/dreams.

If you are having problems sleeping then try washing your feet or taking a bath before you sleep, it will help you relax.

Its a natural remedy for your 12th house and the moon.

Even going for walks before you sleep can help.