



# JANUARY

Aquarian Kundalini Yoga Community



*"Spiritual maturity begins with the seed planted in our destiny. It is nurtured by a series of teachers and watered by the wisdom each brings to us, a wisdom which is less a philosophy as it is a combination of consciousness and intelligence that lets us face the challenges brought by each stage of our development. In that challenge and answer of life we come to recognize our self , honor our self and deliver our self in relationship." - Yogi Bhanan*

Every month, we invite you to explore different aspects of Yogi Bhajan's teachings as a teacher or as a student. For that, we use the Tantric Numerology & The 10 Bodies, the quality and facets of numbers according to the teachings of Yogi Bhajan. Numbers represent a fascinating window to look at our consciousness, to recognize the synchronicity in our lives, and bring a deeper understanding of the interconnected reality we live in.

# 1

**A New Year / A New Beginning / A New Cycle,  
Go Within!**

Recognizing the 1 is to recognize our individuality and being separated. Accepting to be as 1 is the only chance to be able to build a relationship with another 1. This year 2018 (2 + 0 + 1 + 8) is connected to the number 11, the highest level of consciousness illustrated by the numbers. The moment you touch your soul, you recognize the other soul. The moment you recognize you being 1 (separated and unique), you may connect to the humility of being so small facing this vastness, and you may be able to merge with the 1. First, you need to become 1 (you in your full potential & unicity) in order to become 0 (surrendering your desires and personal will) to be able to connect to the 1 being the totality (10 + 1 = 11).

This extract of the Siri Guru Granth Sahib illustrates well this energy: "||2|| *SHALOK, SECOND MEHL: To see without eyes; to hear without ears; to walk without feet; to work without hands; to speak without a tongue –like this, one remains **dead while yet alive**. O Nanak, recognize the Hukam of the Lord's Command, and merge with your Lord and Master.*" [p. 139].

December was a month of planning and scheming, preparing a new cycle to come, January is a month for selecting the seeds to plant and gathering the will & energy to initiate this new cycle. Our thoughts, words and actions during January are like seeds containing all that is to unfold over the year. It is a precious moment to focus the mind within (1 focus mind - pratyahar) and not be distracted by our senses, emotions and desires. It is a moment as well to cultivate peace within, a moment of rest, a moment of prayer, a moment of observation to recognize the Hukam (the Universal law) in order to plant the seeds which will blossom and nurture our deepest self. The Inner guidance will manifest only when the mind is silent. From that space of consciousness, a natural sense of leadership might arise.

#### Diet suggestion:

Eat only in a pleasant and relaxing environment. If you eat outside, choose a restaurant where you feel cosy, where you can relax while eating and where you appreciate the people working there.

At home, take a few minutes to set the table nicely, eliminate the distractions like TV, mobile phones, .... Consider each meal as a special meal, no matter how simple is the meal and humble is the environment, each meal should become a celebration.

This will guarantee you health, and a sense of security and sustenance.

## Kriyas & Meditations for this month

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The purpose of the practice of this month is to let the Universal will choose the seeds that you will plant for the coming year.

Kriya 1: "Self Adjustment of the Spine" - about 20 minutes. Your spine is your stability and your flexibility!

Kriya 2: "Total Balance Set" - around 45 minutes. This set is challenging but the result is fantastic :)

Kriya 3 / Meditation: "Balance Mind & Heart to Infinity". 11 minutes.

Please check the kriya(s) & meditation(s) attached.

### **Full Moon on January 2:**

Meditation: "*Metabolism Your life cannot be happy if you do not expand your horizon*". - 31 minutes.

A deep relaxation and regeneration through stimulation of the vagus nerve.

After the kriya, chant *Ek Ong Kar Sat Nam Siri Wahe Guru* with a nice melody. (11' to 31').

*"May the grace of God be with us, may our virtues come through, may our personality come through with the power of intuition so that we can seed the seeds for prosperity and perpetual infinity of enjoyment in our life, fully protected by God's grace."* - Yogi Bhajan

### **AAA 40 Days Sadhana [January 1<sup>st</sup> to February 9<sup>th</sup>]:**

Japji

Kriya: "Energize Your System"

Relaxation

62 minutes Long Ek Ong Kar\*

\* *The Long Ek Ong Kar was the first chanting meditation taught by Yogi Bhajan. For decades, the sadhana taught by Yogi Bhajan was 2,5 hours of Long Ek Ong Kar.*