



FEBRUARY

Aquarian Kundalini Yoga Community



"Duality is nothing but the separation between you and God." - *Yogi Bhajan*

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.

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**Polarity. Duality.
Separation & attachment. Void & Fears.
Longing to belong.**

This month, to illustrate the energy behind the number 2 and the month of February 2018, we would like to share a poem from an Indian poet named Rabindranath Tagore.

*"This game which is yours
It's about making us swing
At the rhythm of a silent melody
To swing on your swing.
You make us go up to the light
And suddenly you hurl us
In the darkness.
When the swing goes up
These are hearty laughs.
When it comes down,
These are cries of fear.
This treasure which is yours
You make it go from your right hand
To the left hand.
And again and again.
Sitting in solitude
You gather suns and moons
And you make them spin constantly
You reveal them, and they are naked
Then you dress them in a veil
Which hides them from us.
Believing that the treasures
from our heart
Were ripped off from us
We cry useless tears.
But everything is complete
Nothing has been lost.
There is only the swing
Constantly, which is coming and going. "*

RABINDRANATH TAGORE

This poem illustrates the definition of a Yogi given by Yogi Bhanjan in 1995: *"The Yogi is not affected by the opposite polarities of life neither by praise nor by slander, neither by riches nor by poverty, neither by health nor by illness, neither by life nor by death. The Will of God is the will of the Yogi. He or she surrenders his or her personal will to the Will of God."*

If our happiness depends on the side where the swing goes, our tendencies might be to avoid one side or another or even to avoid to move at all. The two sides of the swing are interconnected and coexisting, like the inhale and the exhale, they are just two sides of the same coin. Polarities are necessary to create life. If we judge one side better to another, we create a sense of separation which will automatically generate pain and attachment.

February is a moment to root yourself deeply in your truth. Be loyal to your first intentions and the call of your soul. Observe your judgments and comments. Observe your capacity to obey what it is. Observe others and your relationships as mirrors which reflect if you are rooted in your self or disconnected and victim of the circumstances. Observe what others represent within you, which part of you they represent. "True love is the recognition of another in yourself" - Eckart Tolle.

Diet suggestion:

Drink water, about 2 to 3 liters per day! Our body is made of about 70% of water.

Some effects of drinking water:

Cleanses toxins inside your body: it helps to flush out bacteria and toxins that are trapped in your system.

Helps the kidneys to get rid of the waste and toxins that pass through the liver.

Improves skin condition: it helps to hydrate your skin barrier, and flush out the bacteria underneath the surface of your skin that causes acne.

Boosts immune system: It ensures that your blood will carry plenty of oxygen throughout the cells in your body. Your immune system uses something called lymph to carry water and nutrients to your blood cells.

Fights kidney stones and general ailments: It helps fight infections, clear allergies, and kidney stones.

Weight loss: Water can curb your appetite, and since it is devoid of calories, it can help you reduce calorie intake. Drinking 500ml of water before each meal is a great way to do so. Often, when people think they are hungry, they are actually dehydrated.

Gives you energy: Ever heard of the saying " it quenches your thirst". By keeping yourself hydrated, you can give yourself more energy and perform better mentally and physically.

Normal bowel movements: It aids digestion and removes waste.

Etc.

Kriyas & Meditations for this month

The purpose of the practice of this month is: to enjoy the swing of the polarities; not identify to the ups and downs; & to reaffirm your relationship to your deepest self.

Kriya 1: "Linking with the infinite" - 11 min. Balance the two hemispheres of the brain.

Kriya 2: "Advanced Abdominal & Navel Strengthening Kriya" - about 45 min. Eliminate & Regenerate. Get rid of what you don't need and open yourself to a new field of possibilities, a new sense of flow.

Kriya 3: "Meditation to be creative" - 16.5 min.

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

Full Moon on January 31:

Meditation: in order to prepare for a long Jappa chanting of the Triple Mantra in May in China and Turkey, we invite you to chant 31 minutes of the Triple Mantra for the next three full moons. Please feel free to choose any kriya or meditation before chanting. Please check the extra document about the Triple Mantra from "I Am A Woman". If you need the music, you can use the version from Gurnam (Joseph Michael Levry), Album: *Triple Mantra, protective sound current*.

"A person must understand his existence in relationship to the total universe. Whosoever understands this knows a deep truth. The whole world around you will become beautiful if you understand that you are you." - Yogi Bhajan