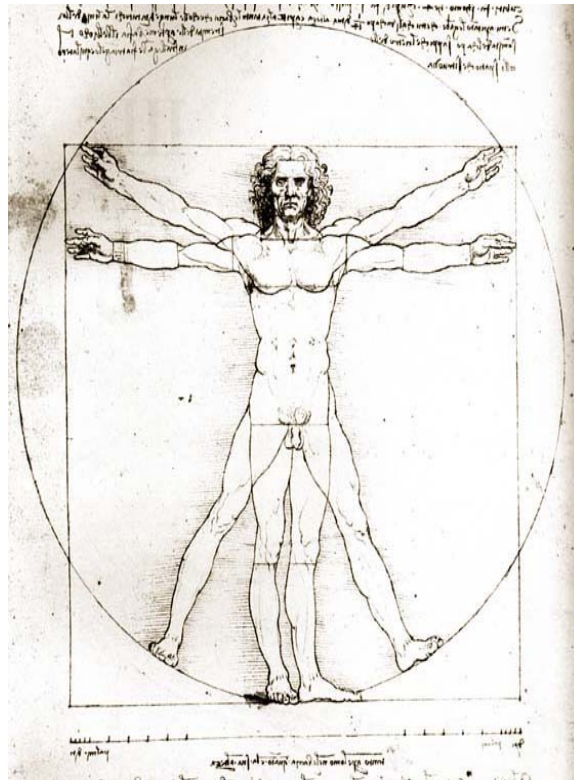




MAY

Aquarian Kundalini Yoga Community



“Enrich yourself with sacredness and opportunity will come to you from every corner”

- Yogi Bhanjan

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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Fears of the impermanence
Physical Body as the Door from the Limited to the
Unlimited, the Door to Sacredness

Our physical body, the densest body, is our **pathway to the subtle body** and our most delicate self. Our physical body is constantly communicating with us and **opening the door** to the unlimited realm but since we are too distracted we do not listen.

To accept to open the door to sacredness is to admit that we live in the temporal reality of a physical body.

To fully inhabit it is a challenge because it means recognizing its impermanence. It is scary, since it brings the fear of losing it, the fear of not being in control, the fear of dying,

We prefer to live in the mental space because there we can control everything through our fantasy. This strategy reassures us but keeps us away from the magic of life. It's the price to pay.

Evolving in life without its magic is like having a house without roof; it lacks something essential and it's stressful!

Our modern society is full of people who seem to have everything but underneath they are very anxious. The survival, instead of being placed on the physical body, is projected on the mental and spiritual bodies and it becomes very difficult to manage because there is nothing concrete to apprehend it.

These anxious people become afraid for no particular reason. It is a diffuse feeling of fear that does not have a particular object to attach to. **Anxiety** is "my need for control" that begins to become suffocating. The anxiety is the cry of the soul, the call to give up the illusion that we have created to avoid suffering. A call to embrace our nature, to accept this body, its impermanence, its apparent imperfection and the fear of losing it.

This fear, like the guardian of the threshold, holds the door of the sacredness. Only the brave ones pass and are blessed by what is on the other side.

Remember Indiana Jones in the Last Crusade when he crosses the precipice :) www.youtube.com/watch

This is what we called in the yogic tradition the power to sacrifice, the sixth step of Yogi Bhajan's Seven Steps to Happiness.

Diet suggestion:

A Cleansing Diet © The Teachings of Yogi Bhajan

If you are eager to begin to bring about a distinct improvement in your general health, try a special diet of **eating only fruits, nuts, and vegetables (cooked or raw) for thirty days**. This diet is used in India when the person looks old and the body is wearing out and becomes impotent. It is said to cleanse the system and revitalize the body. The first few days you may feel weak, but then gradually your strength will increase and you will start to feel light and happy.

After thirty days, dairy products may be added to the diet.

The best seasons for this diet are summer, spring, and fall, when the weather is warm and these foods are available fresh. Springtime is when new blood starts coming in. It's a good time to cleanse. It is written that you cannot do an experience at your highest potential unless you cleanse yourself in the spring.

Kriyas & Meditations for this month

Pranayam: "Tattwas beyond Stress and Vitality" - 11 min

Kriya: "Eliminating Tension and Pain" - 31 min

Meditation: "Eliminate Tension & Stress" - 25 min

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

New Moon May 15:

Kriya: "Relieving Your Elementary Stress" - about 30 min.

Meditation: "Anti-Anxiety" - 11 to 31 min.

Full Moon May 29:

Kriya 1: "Stress Set for Adrenals Kidneys" - about 35 min

Meditation: "Effective Communication" - 11 to 31 min.

"Physical intercourse is called 'the bridge of seven constructions'. You can elevate your physical, mental, and spiritual bodies seven times over if it is an intercourse of mind, body and soul - if it is sacred, if it is worthwhile. Otherwise, it is the dumbest thing to do".

- Yogi Bhajan