



MAY
5

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

- Yogi Bhajan

What can I work on in this month?

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.

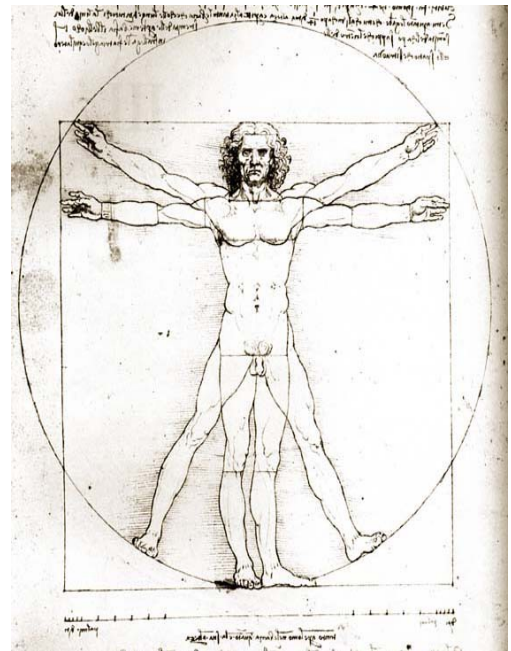
Evolving in life without its magic is like having a house without roof; it lacks something essential and it's stressful!

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 :) [Watch on Youtube!](#)



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

Full information: 3aaa.asia/05_Aquarian_Community.pdf

Kriyas & Meditations suggested for this month

Pranayam: "Tattvas beyond Stress and Vitality" - 11 min 3ho.org/tattva-balance-beyond-stress-and-duality

Kriya: "Eliminating Tension and Pain" - 31 min pinklotus.org/KRIYA

Meditation: "Eliminate Tension & Stress" - 25 min pinklotus.org/KRIYA

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.

The Healthy Recipe Raw Zucchini Spaghetti/Pappardelle

Serves 2 people

2 medium sized zucchini

1 handful of fresh rocket leaves (or other green salad leaves you like)

1 cup of fresh continental parsley

1/4 cup of sultanas or raisins

1/4 cup pine nuts

2 - 4 tablespoons of olive oil

fresh lemon juice, salt, & pepper to taste



Process



Wash zucchinis & slice off the ends.

If you have a SPIRALIZER kitchen tool which makes fruit & vegetables into noodle spirals create the zucchini spaghetti using both zucchinis.

If you don't have a SPIRALIZER you can use a vegetable peeler to create Pappardelle type noodles, grating down each zucchini into noodle pieces.

Rest noodles in a big bowl & add the olive oil, lemon juice, salt & pepper. Gently mix about the zucchini noodles by hand to emulsify the noodles with the other flavours.

Wash parsley & rocket leaves. Finely chop the parsley leaves & using your hands gently break up the rocket leaves into smaller pieces.

Add these greens to the noodles, mix in by hand & distribute the green leaves amongst the noodles.

Also add the sultanas & pine nuts, mix them through. Optional dressing 1/2 avocado

2-3 tablespoons seeded mustard

water or nut milk of your choice

Using a blender add avocado, mustard & a small amount of liquid & blitz until smooth. Adjust consistency of dressing by adding more liquid.

Serve on the side or if everyone loves dressing, add to noodles & mix through before serving.



The polarities in Tantric Yoga

All creation is born from polarities. The concept of polarities is a universal constant and masculine and feminine qualities inform each other to keep the Universe in balance. Humanology is the technology for understanding the play of polarities in human life. In terms of our individual makeup and psyche, all humans embody both masculine and feminine energies. The ones we choose to express reflect what we need to do to find balance, wholeness, and redemption. It is in this play that we understand and live out our life and realize ourselves as human.

We increase our consciousness by learning how to relate to the interplay of masculine and feminine energies within each of us and between us. Understanding the polarities, and the place we occupy, helps us to understand ourselves and each other and live in community as Yogi Bhajan wished - to live not merely with each other nor at each other but for each other.

In the manifestation of the Cosmic Play during the Aquarian Age, a variety of individual situations come to the light when we speak about gender. We should honor nuance and gradation more than perceiving the masculine and the feminine as a pre-chewed concept. Everyone's expression of gender is unique and every relationship has its own dynamic. Everyone must navigate for themselves the interplay between their personality, style, wounding, gifts, and the soul journey.

The Joke

Jack came home after playing a round of Sunday golf.

“How was your golf game, dear?” asked his wife, Lillian.

“Well I was hitting pretty well, but my eyesight’s gotten so bad I couldn’t see where the ball went.”

“Well you’re 75 years old now, Jack, why don’t you take my brother Scott along?” suggested Lillian.

“But he’s 85 and doesn’t even play golf anymore,” protested Jack.

“But he’s got perfect eyesight. He could watch your ball,” his wife pointed out.

The next opportunity Jack teed off with Scott looking on. Jack swung, and the ball disappeared down the middle of the fairway.

“Do you see it?” asked Jack.

“Yup,” Scott answered.

“Well, where is it?” yelled Jack, peering off into the distance.

“I forgot.”

AAA Around the World

Australia

The second week of the KY Level 1 Teacher Training in Brisbane started yesterday. The students are happy to be together again and go for this new adventure. The first week of the KY Level 1 Teacher Training in Sydney will start soon! 1 to 7 May.

Austria

We are getting ready to renovate an old hut in the middle of a forest and hope to have the first program here next August! Lifecycles and Lifestyles Kundalini Yoga Level 2 is taking place from 4 to 9 June in Schloss Limberg, 8541 Limberg bei Wies.

The final week of teacher training Level 1 will take place from 23 to 30 June in Tragös, near the green lake - a beautiful week in pure nature; vegetarian food and simple sleeping accommodation in tents and dorms.

The Austrian Kundalini Yoga Festival will take place in TamanGa, 8462 Labitschberg from 30 May to 4 June.

Two exciting programmes are coming up in this summer: Sach Khand Ten Bodies' Numerology - [Click here for more](#) and SunChild to teach yoga to children - [Click here for more](#)



China

After a wonderful lat week of the KY Level 1 Teacher Training with more than 40 students and Trainers-in-Training in a beautiful and natural location near Shenzhen, we get now ready in Shenzhen for a 9-day SunChild Training, followed by a Rebirthing Workshop - [More info, click here!](#) where we plan a Jappa with 108 participants!

In Shenzhen, the Ajai Alai Kundalini Yoga Center is changing location! We confirmed today the new place. It is slightly bigger (200 m2) and we move down, from the 35th floor to the first floor! It is located 100 m. from a very nice park with old trees and water.

Another exciting news for China, we have decided to organize again YogAltitude! It has been four years that we have not been to the wild. Here is the new spot (on the right), not far from Dali, Yunnan. It will take place in March 2019 (26-31).



France

Fateh Singh, in charge of the Teacher Training in France, will teach a workshop at the French Kundalini Yoga Festival "PRINTEMPS DU YOGA", the topic is "Open yourself to the Sacred". <http://www.printempsduyoga.fr>

About Fateh Singh, check his new website (only in French): <https://fateh-yoga.weebly.com/>

We will be as well with Fateh Singh at the European Festival to teach a workshop on Leadership in the Aquarian Age (Flyer on the left!).

Switzerland

The first AAA KY Level 1 Teacher Training in Zürich will start on 27 April in cooperation with the Amrit Yoga Academy. <https://amrityoga.org/>

Taiwan

We just finished the first module of a very inspiring numerology training and our first Level 1 Teacher Training. An incredible group of trainers-in-training and amazing students help us to create a magic week where we felt the love and the togetherness that every spiritual community should carry.

On the picture, Sujandev Kaur and Sukh Atma Kaur teaching together the postures.



Turkey

Turkey finished the Level 1 and is getting ready to the Rebirthing Workshop end of May. For information contact the Country Coordinator: aaaegitimleri@gmail.com.

Contribution for this newsletter were received from Fateh Singh, France for the What can I work on this month and OnKar Nam Kaur, Melbourne for the Healthy Recipe! THANK YOU!