



JUNE

Aquarian Kundalini Yoga Community



"Anybody who wants to rise must pay for it. If you want to levitate your personality, then the art of sacrifice has to be mastered. It is only in giving that you receive. That is the law of conscious existence, for any person at any stage of mind. If someone only wants to get and does not want to give, it won't work out for him"

- 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.

6

Crisis for a new consciousness,
Sacrifice to grow,
Balance Jupiter & Saturn.

How a crisis may open the door to a new consciousness?

We all have a tendency to get caught into the reality that we perceive through our 5 senses. This is what we call the limited self, or lower self, which constantly judges the reality through its own filter (belief system or unconscious mental constructs): *I like, I don't like, I want, I don't want, I wish, I don't wish, ...* . In this life of ups and downs we live in fear and hope, which are both two states that sacrifice the present moment and create unhappiness and frustration. This identification limits the expansion of our consciousness which is suffocated by our lower mental and emotional games. At this level of existence, we are takers and have rights, and when we give, we perceive it as a sacrifice that deserves a return in terms of action or acknowledgment.

Why do we get caught and how our sense of identity may become a limit to our consciousness instead than serving it?

There is always the risk of an excessive attachment to the form and appearance as we try to be reassured on who we are. For example, the ego naturally focuses on obvious attributes it picks up in order to identify with and derive its sense of Self.

So if you are good looking for example, then it is most likely that as a young person you identify with it. As soon as the ego is in action for itself and not in service of our infinity, it realizes its boundaries and will compare, criticize, complain to expand. The ego is normally not satisfied with what it is and with the qualities you have, as it perceives them limited and temporary, and always feels the risk of losing them.

So it never feels good enough. In the example taken, maybe there are others who are more good looking than me, so I have to look even better. Or the doubt comes: maybe I am good looking but perhaps stupid!

The same works with other types of identification: your brilliant mind, the wealth of your family, your dynasty, your title, your PHD, your strength, your determination. When others praise our qualities, the ego listens, gets it for itself, and identification happens.

You can be trapped for a very long time in an unconscious life of struggle trying to exaggerate these qualities, make them visible, defend them, show them, get the daily acknowledgment from others that there are still yours and will be forever.

In the absence of drastic things happening to you, nothing can break this trance and suffering.

So, how do we wake up? The comfort and balance that we strive for does not do the job. A crisis is needed to trigger the change, to shake the box. It gives you the possibility to awaken and break the identification; to redefine the meaning of life and give up the unnecessary battle you are fighting.

"You need suffering until you realize you don't need suffering" - Eckart Tolle.

The suffering is the pressure which is there to help us to awaken to the presence of the I (Divine) in us. To stop to be distracted by the ego-mind and being attached to temporal source of identity. When we stop to remember our infinite identity, life sends us a shock or a series of shocks (disease, the death of a friend, accident, ...) or sometimes a big shock (only a few months left to live!).

Crisis, an expression of the Saturn energy to find the door of expansion

Jupiter is the door to become more impersonal & less identified to a grosser reality like our ego. Jupiter teaches us through expansion, growth and prosperity. When we oversee this influence, Saturn gives us a chance to grow through hardship, discipline, contraction and confrontation. This is usually a moment of crisis and big pressure.

Yogi Bhajan shared techniques to expand awareness, however, he defined himself a Saturn Teacher. He confronted his students in various ways: asking them to go and live in a foreign country, to start a job they knew nothing about, to marry someone they did not know the day before, Somehow, Yogi Bhajan gave them opportunities to anticipate external crisis by creating contexts carrying a pressure they could see and face. Through these challenges, he gave them opportunities to expand beyond their personal identifications by finding new resources, taking altitude to find creative solutions. These unexpected situations would force them to become aware of their limited sense of self and expand to a more impersonal role in service of the totality.

Saturn brings pressure, it is like removing the weeds in order to let a new seed grow. By removing the distraction of the fear and hope cycle, we wake up to the present moment, to what it is, and to the appreciation of the peace and depth in each breath.

"If you can sacrifice your limited ego, you will always get in return an unlimited spirit; and when you get an unlimited spirit the universe serves you". - Yogi Bhajan

The true sacrifice is about sacrificing our temporal identity to the Higher Self, our Sat Nam (true identity). We commit to our higher consciousness so that it can manifest through our body, mind, and spirit and remember the purpose of life, which is the experience of this consciousness on earth.

This sacrifice does not exhaust, nor causes frustrations because at this stage you perceive it as the only choice you have and your only wish is to commit to it.

Saturn & Jupiter, two faces of the TEACHER, two forces for our growth

Both Saturn and Jupiter energies are needed and it is the meeting of those two opposite energies that will make us walk the spiritual path in a balanced way.

When these energies are unbalanced within us and not used consciously, we end up creating extreme identities. When Saturn energy is extreme, we may become control freaks, dogmatic and stubborn, ending up stuck in the box of our own beliefs. When Jupiter is in excess, we get etheric and high. We lose the sense of identity and consistency. We are so impersonal that we lack discrimination and sense of leadership. Manifestation might become difficult.

In the Aquarian age where spiritual practices are available at every corner, some of us are flirting with Jupiter to fly away from the difficulties of modern society and deny their own sensations and feelings. Others get trapped in the Saturn prison of old religious or political paradigms. These are the two tendencies which distract us from our true self.

The practice of Kundalini Yoga is an invitation to ride both Jupiter and Saturn and let them merge and combine in our hearts. When they are balanced we can feel centered and open to the bigger picture at the same time. We are able to use our identity to serve a bigger purpose. We have a clear sense of our priorities and we have an impact. We are able to welcome the crisis as an opportunity to become more impersonal, to sacrifice our distraction and become more connected to the here and now. The source of inspiration is felt within and the flow of prana brings ecstasy.

Diet suggestion:

Much of the wisdom of Ayurvedic nutrition rests on the tip of your tongue, literally! According to Ayurveda, the sense of taste is a natural guidemap towards proper nutrition. For ages, humans relied largely upon taste to discover healthy foods in nature and avoid toxicity. Our tastebuds do much more than simply identify tastes; they unlock the nutritive value of foods and provide the initial spark to the entire digestive process. Food speaks to us directly through taste.

Ayurveda identifies 6 Tastes by which all foods can be categorized: Sweet, Sour, Salty, Bitter, Pungent, and Astringent. While the first four tastes are probably recognizable, the last two may not seem familiar. Pungent taste is hot and spicy as found in a chili pepper, while Astringent taste is dry and light as found in popcorn.

The 6 Tastes offer us a user-friendly guide map for how to nourish ourselves. Rather than looking at nutritional labels for X amount of protein or Y amount of carbohydrates, the 6 Tastes naturally guide us towards our body's nutritional needs. Each taste feeds our mind, body, senses, and spirit in its own unique way. From a modern nutritional perspective, the 6 Tastes satisfy each of the major dietary building blocks. Sweet foods, for example, are rich in fats, proteins, carbohydrates, and water, whereas Bitter and Astringent foods are high in vitamins and minerals.

Include all 6 Tastes in each meal

Sweet:

Primary actions: Builds tissues, calms nerves

Common sources: Fruit, grains, natural sugars, milk

Sour:

Primary actions: Cleanses tissues, increases absorption of minerals

Common sources: Sour fruits, yogurt, fermented foods

Salty:

Primary actions: Improves taste to food, lubricates tissues, stimulates digestion

Common sources: Natural salts, sea vegetables

Bitter:

Primary actions: Detoxifies and lightens tissues

Common sources: Dark leafy greens, herbs and spices

Pungent:

Primary actions: Stimulates digestion and metabolism

Common sources: Chili peppers, garlic, herbs and spices

Astringent:

Primary actions: Absorbs water, tightens tissues, dries fats

Common sources: Legumes, raw fruits and vegetables, herbs

Kriyas & Meditations for this month

Kriya: *"Exercise set for relaxation and releasing the fears"* - more than 1 hour

Meditation: *"to balance the Jupiter and Saturn energies"* - 11 min

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

New Moon June 13:

Kriya: *"Experiencing the Psyche"* - 15 min.

Meditation: *"Strength & Intuition"* - 11 min.

Full Moon June 28:

Kriya 1: *"Experience your elementary personality"* - about 30 min

Meditation: *"Calmness of the Mind"* - 22 min.