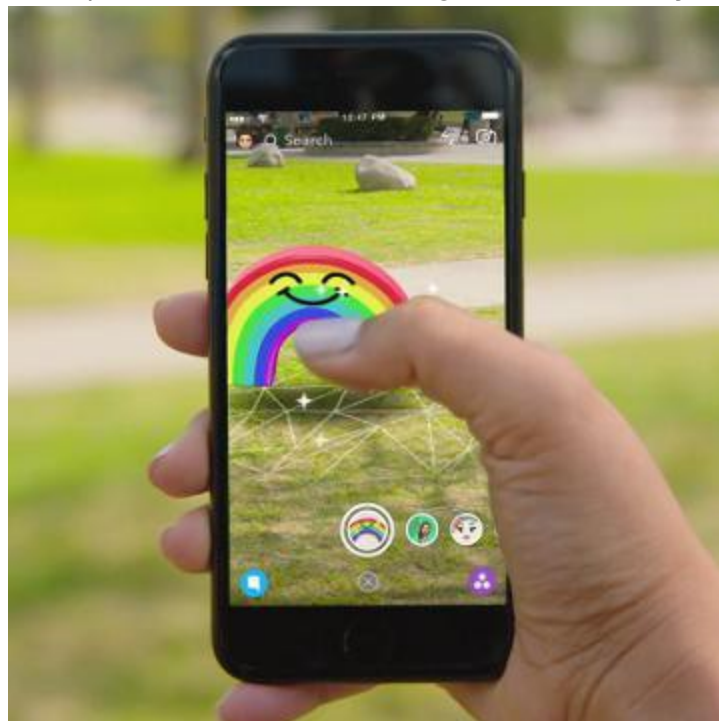




# JULY

## Aquarian Kundalini Yoga Community



*"The mind should dance with the body, the whole Universe is your stage, the soul your choreographer. Try to feel that whatever you are doing is the most beautiful thing, the prettiest dance, because you dance with the whole Universe. Don't resent anything. Forgive everything. Express your essence. Let your heart guide you, free of all limitation, regimentation, and fear. Happiness is your birthright!"*

- Yogi Bhaijan

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.

# 7

The Filter of reality

The Form that may serve my truth or reinforce my  
past limitations

Let go, Let God ... Forgive!

## **Now it is the time to figure it out: did we profit from the chance we had?**

The number 3 has brought us possibilities and expansion. When we touch it we spiral outward in the excitement of what might come, we are curious, we hope, we want to see, we have the feeling to finally have found what we look for and want to explore it. It is crazy, finally! It is a birth into a new reality and a discovery. The fire burns, and we start putting into place the tools we need to go on.

Our exploration might take us to another plane of consciousness. But this needs WORK! If we are not able to consciously look at our limitations and transform them, to let go of our pride and of the wish to control, then deception is inevitable. The illusion takes over and we go for another round of games. Another 3 where illusion becomes the player and the winner!

## **Our mental games & attachment to the past**

How much of our mental activity is still busy nourishing a sense of temporal existence and the identification to it? Holding on to the past determines how much we will filter every situation trying to fit it back into our known box, explaining it, justifying it, finding excuses, in an attempt to be right and thus avoid questioning our limited choices. Pride, shame, anger, guilt, resentment, bitterness are all at work at the cost of the formless and infinite higher Self.

Of course, we have good reasons to hold on to our self-destructive patterns. They manifest through our negative behaviors, wrong relationships, inappropriate jobs, but are still serving us somehow. They help us to deal with the life we created or the one that was imposed on us by our fears and that of our ancestors which are integrated in our belief system. These give us a sense of identity which is reassuring because it is a repetition of the past. It might be wrong but at least it is known! We can justify our misery with ready-made thoughts like *"Life is tough; work is everything; safety and comfort are the success I am promised if I keep up struggling; there is no easy solution to life; full happiness is an illusion; life is here and I do not have a second chance" ...*

When we are prey to this uncontrolled mental space we constantly judge the present moment, the circumstances, the people, making assumptions based on our past experience. We have a hard time to be transparent to the reality and not interpret it our own way!

*"We can know that reality is good just as it is, because when we argue with it, we experience tension and frustration". - Byron Katie.*

Past is known, the present moment is unknown, until we know it and another unknown moment comes. Circumstances can be awful but what is really wrong with the given moment? The given breath, the given moment, will be colored by the way you welcome it.

*"It is not the problem that causes our suffering, it is our thinking about the problem" - Byron Katie.*

## **From takers to givers**

When we succeed going beyond our limitations, we become less self-centered on our emotional drama. We have a chance from takers to become givers.

Only our higher Self can truly make us connect to others and uplift them. This is the expansion of the 7 through our Aura and our whole being. Through our electromagnetic field we tell others that they are OK the way they are because we are OK the way we are ourselves.

A thought can uplift and one thought can create the spiraling down backward. Which one do we choose? The one that takes us to a thoughtless grace, or the one that takes us back to fight our temporal inner enemies?

*"Everything is thought — God is thought, Earth is thought, names are thought, everything is just thought. But demonstratively entertain no thought, 'I am not, all is zero.' Give yourself a thoughtless grace and it will be a very good bargain when the subconscious doesn't act and the unconscious gives you intuition. Automatically your job will be done. That's the end of poverty and the beginning of prosperity." - Yogi BhaJan*

The mental constructs cover our incapacity to be in direct relationship with our totality, with our deepest essence which is formless and manifests the divine, which is somehow too overwhelming. We "invented" a God in order to justify our pettiness and give it a meaning. The God as the image of the Father, so that we can exist through obedience or rebellion and give a sense to our existence! It is very hard for us to accept the totality without putting a mental concept on it which reassures our limited existence, our ego. God is simply the poverty of human consciousness, as stated so wonderfully by Osho:

*"God was an effort of the primitive mind of man to give existence a personality. Then he becomes God the Father. Then you can make some relationship with him. You may even be against him, but at least there is someone you can be for,*

*you can be against; there is someone who is greater than you, who is going to protect you, who is your guarantee. God is simply the poverty of human consciousness." - Osho*

## Let go, Let God!

This month, most of the year is behind us rather than ahead. Like the 7<sup>th</sup> day of the creation, Sunday, it is a time to look back and evaluate our creation. To learn from what happened and let go any sense of regret, resentment or remorse, for these are all forms of attachment to the past and alter our perception of the reality today. Be honest, transparent, and you will be able to understand the lesson of the past. Your aura will offer a transparent filter of the reality and support your projections to reach expansion.

*"Forgiveness is realizing that what you thought happened, didn't." - Byron Katie*

*"Let us not waste our time in hatred and pulling each other down and trying to control. If I want to give something to somebody, forgive. Forgiveness is the biggest gift you can give to yourself and to others. That is the way to go. Understand that we are all one for one God, for one clay of the five elements. Our existence is for oneness, in duality we lose everything, in oneness we find the reality." - Yogi Bhanjan*

**Diet suggestion:** fast 3 days a month – from Yogi Bhanjan, 1982 July 28

"Normally every woman must fast on the **11th day of the moon**. (Editors Note: The New Moon is counted as day one.) It is required for her glandular system; she's totally different from a male. For the proper functioning of her ovaries, she must fast on the 11th day of the moon. Normally this means you don't even drink water for the whole day; it's called a waterless fast. One day, from sunrise to sunset, for the sake of your own glandular secretions, you do not take anything. Well, you are Americans, so I think water will be all right for you because you don't have that kind of mental capacity.

Then **on the full moon** she drinks only liquids, no solid foods. That's also for the ovaries, the menstruation and all that.

The third fast that a woman should do each month is **on the dark night of the moon (new moon)**. You get up early in the morning, before the rise of the sun, and you eat a corn chapati made with ghee or butter. You can also drink buttermilk with it, but then you do not eat anything during the day at all, except water. At night you are permitted only one glass of milk with one spoon of honey. Try it, you will not have any trouble with your menstruation or ovaries or anything.

What are the three days now? **Eleventh day, Full Moon and New Moon**. This will regulate your ovulation, your ovaries and your menstruation."

## Kriyas & Meditations for this month

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Kriya 1: *"Balance the 3 Psyche"* - 13 min

Kriya 2: *"Self Reliance"* - 45 min

Meditation: *"to make people a little more light"* - 22 min

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

### **New Moon July 13:**

Kriya: *"Har Aerobic Kriya"*

Meditation: *"Builds a tremendously powerful protective aura"* - 22 min.

### **Full Moon July 27:**

Kriya 1: *"Strengthening the Aura"*

Meditation: *"Ganpati Kriya Meditation"* - 14 to 66 min.