



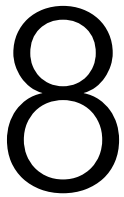
AUGUST

Aquarian Kundalini Yoga Community



“The pelvic bone is where the breath of life is triggered and where the breathing power of the pranic body is found. The lungs are cleansing processors, the diaphragm is an aid to that process, and it is through the spinal column that the energy flows.” - 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.



Manage your Time & Resources
Vitality & Presence through your Breath

July has been a time for self-reflection, like a halt, or integration. August is the time to enter the motion of life again, which brings a new field of opportunities as well as the challenge to manage properly our energy and resources in that flow. This month, we would like to explore the tools we have in Kundalini Yoga to balance our pranic body, key to stay connected to our infinite self while being completely engaged in life.

When our pranic body is balanced, we have vitality and we gain clarity about how to manage your time and resources. When it gets out of balance, the tendency is to compensate with external sources of energies like coffee, energy drinks, junk food, ... and lose the awareness of our need for infinity! In that situation, there is an over stimulation of our sympathetic nervous system, giving us a sensation of constant excitement, which can lead us to a burn out. Spiraling down, the more we feel stuck, the more we tend to compensate.

Opposite to that, stimulating the parasympathetic nervous system will give a sense of relaxation, whatever are the circumstances, a guarantee for not exhausting ourselves and provide an anchor to stay connected with our own inner flow, as well as to the universal flow.

August might be a time for holidays. How do we use this time? Holidays can become a source of stress or a time of regeneration depending on our capacity to discern what are our essential needs at each moment. Do we abuse or are abused? Or can we instead stay connected and keep the balance? Prana is the life force itself and it can be overwhelming. There is nothing bad or good. We are here just to represent and enjoy the wonder of life. The way we touch it is either dangerous or beneficial. If we touch fire, we burn ourselves; if we use it to warm up our home, we feel the warmth.

Being connected to your breath is a compass to be aware of each moment, and not be influenced by the flow of others. Respecting our own flow brings healing and the quality of presence in the here and now helps us to be in touch with our innocence & enjoy life without the need for a constant excitement.

" Things come out of you in three ways: in anger, in love and in your tiredness. Mostly you mess up when you are tired. When your energy is weak you have no defenses and you fall apart. You are suppose to have 21 percent oxygen in your blood. Normally you live on 15 to 16 percent. You don't do Pranayam or Breath of Fire. You are supposed do do it every 3 or 4 hours, just for a minute or two, to oxygenate your blood and balance yourself so that you don't have to do this: "Oh my God!" Yogi Bhajan 7/12/89

Diet suggestion: Golden Milk: Healing Tonic for Vitality and Flexibility

Turmeric is the most healing root for the body. It comes from the root of a plant which is grown mainly in India but it has been used in many countries for thousands of years as a healing food. It is known to be beneficial to the inner organs, the spine and the joints. It is purifying to the blood and promotes general good health. It also has external healing properties and can be used in masks and baths for the skin.

Golden Milk can help to repair damage to nerve centers caused by drug abuse. Drink it every day for 40 days.

It keeps a person beautiful. When used internally, it should be cooked rather than raw, so that the body can more easily assimilate its healing powers. It is an essential nutrient for women over the age of 28.

Golden Milk is especially beneficial for stiff joints and provides a source of lubrication for the entire system. It includes both essential oils and turmeric, both vital ingredients to help women keep their flexibility and vitality.

Ingredients:

1/8 teaspoon turmeric

1/2 cup water

8 ounces milk or milk alternative

2 tablespoons raw almond oil or other healthy oil

Honey to taste

1 cardamom pod (optional)

Cooking Instructions:

Simmer turmeric in water until it forms a nice paste. Suggested cooking time is 8 minutes, you can add more water as necessary. Meanwhile, bring milk to a boil with the almond oil. As soon as it boils, remove from heat. Combine the two mixtures using a blender if desired. Add honey to taste. The cardamom may be cooked with the turmeric for added flavor.

Note that you can prepare larger quantities of paste as it keeps in the refrigerator for up to 40 days. The general ratio of turmeric to water is 1 part turmeric to 4 parts water.

From I am a Woman Selected Lectures, available through KRI.

Kriyas & Meditations for this month

Kriya 1: *"Long Life Pranayam"* - 11 min

Kriya 2: *"Relieving Your Elementary Stress"* - about 30 min

Meditation: *"Releasing the Elements"* - about 40 min

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

New Moon August 11:

Meditation: *"Balances the parasympathetic system & the nervous system"* - 11 min.

Kriya & meditation: *"KUNDALINI YOGA KRIYA THROW OFF STRESS & UNCOVER YOUR STRENGTH AS A WOMAN"*

Full Moon August 26:

"Pritta Kriya" – 33 min

Meditation: *"Meditation to Enrich the Mind"* - 31 min.