



SEPTEMBER

9

You have no sensitivity that your soul shall live in the Subtle body and that your Subtle body is as sophisticated as anything in the universe can be. So unless you produce in yourself elegance, grace, sophistication in your mind, manners and attitude, and unless you come from the infinite altitude, and ascend to that altitude, you cannot descend in love. The higher is your being, the deeper is the love.

- Yogi Bhanjan, July 1996

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.

9

End & Beginning - Completion
Beyond Time & Space
Manners & Refinement



Is it an end or a beginning?

As a child, September meant the end of a long summer break (winter break in South hemisphere) and the beginning of School, mixture of fears and excitement. 9 is the last number (1 to 9) and carries the energy of the end, but also the energy of a new beginning. The way we finish or complete (or not) things condition the next step. The end becomes a new beginning. Completion means crystallizing the deeper meaning behind the circumstances. 9 is beyond the infinity of the 8, beyond time and space, where the game of polarities has no grasp.

September is a month to turn into that subtle dimension, it is not tangible or material, it is found through a deep sensitivity of the heart and a profound silence of the mind. This dimension brings a sense of peace. In the Japji, Guru Nanak talks about "Ajuni", unborn. The Subtle body (9th body) is the home of the Soul, where everything started and where everything will end, a resting and very calm place for the Soul. Unborn also means to be beyond the illusion of the duality of life.

An invitation to reach beyond what we see

We are affected by time and space, by our own feelings, emotions, and thoughts, by our direct environment and by the collective electromagnetic field around us (collective emotions and thoughts, ...). We constantly inter-exchange, inter-relate, influence and be influenced, project and be the support of the projections of others. Our personality is a reflection of our electromagnetic-field, like a light, and a product of the constant individual and collective "electromagnetic dance".

The 9th dimension is an invitation to reach beyond that sense of limited (by time and space) identity by tuning into a vaster awareness. It is both the awareness of the present moment by including the totality of events, and the awareness of movement or flow happening at that moment, reaching a place where you can locate and position yourself in a precise nucleus (center of your being), unborn, therefore infinite. A peaceful state where you can enjoy the play of life, interacting, and at the same time enjoy the universal play, witnessing, like sitting in front of a movie, enjoying your food and drink. Relaxed and sitting comfortably, watching this movie, it is the ideal place to guess what comes next without losing the excitement of the what's happening. In order to cultivate that attitude in life, we need a certain degree of tolerance and endurance.

I am touched by a wish, a will, that is the very essence of the feeling of "I" in all its purity. It is a will to be what I am, awakening to my true nature—"I am" and "I Am." With this consciousness there is love. But this love is impersonal, like the sun radiating energy. It illuminates, it creates, it loves. It is attached to nothing and yet draws everything to it. The expansion comes not



from "doing" something, from the ego, but from love. It signifies being and becoming, with an attention that is more and more free. This is the liberation that Gurdjieff speaks of. It is the aim of all schools, all religions. With consciousness, I see what is, and in the experience "I Am," I open to the divine, the infinite beyond space and time, the higher force that religions call God. My being is Being. To be one, whole in the face of life, is all that matters. - Madame de Salzmann, student of Gurdjieff - The Reality Of Being.

About manners

Manners and refinement in our daily life will help to remind us that space beyond space, that time beyond time. Politeness, as our capacity to act with automatic habits that serve our consciousness and our extended sensitivity in every action, will support us as well.

If in subtlety you become very refined and in activity you become very subtle, you are very near to your soul because there is a direct relationship between the subtle body and the spiritual body. The spirit and the subtle body are very much related, they never leave each other. So anything which is refined—refined art, refined acts, refined speech which is not gross—will put you nearer to the soul. That is a rather a simple way of reaching your God consciousness. - Yogi Bhajan 5/27/81

Full information: https://3aaa.asia/images/09_Aquarian_Numerology_Community.pdf

Why is negative gossiping related to manners?

When we do not identify and react to events we remain in our infinite nature, which is graceful, refined, and noble, since it is made of eternal presence and has no struggle to reach out, elaborate, compete, justify, and demonstrate. Manners are the very manifestation of this grace on the outside. Negative gossiping is a reaction to time and space, to our thoughts and emotions about what is happening and our need to recreate a balance we have lost or fulfill a need that comes up. Thus we lose our centre, our grace.

What is negative gossiping and why do we do it?



We are automatically emotional about things and we have many buttons which can set us off immediately. We want to share negativity because in this way we feel less bad. Then we have a club and we feel comfortable. If we are part of the negative gossiping, we are leading, we are secure, we talk about situations which are outside of us that could harm us. The negative mind has hurts and traumas and therefore not only hears what could be wrong but also exaggerates problems to get our attention. If it perceives danger, then it starts covering up our own shortcomings or interests so that we do not become vulnerable. It tends toward malicious gossip and inaccuracies. The reality gets distorted and is brought forward without any

sense of further consequence for others.

“Helena got a pay rise. I’m not surprised, the way she flirts with the boss”, grumbles a colleague who’d like to be promoted herself. “That skinny minnie? I’m sure she’s anorexic”, replies her friend. A few spiteful words shared in confidence can give us such a boost. With friends, colleagues or family, saying bad things about other people feels good.

We all know it’s wrong to gossip, and no one wants to seem malicious. So why do we indulge in this guilty pleasure?

To create social bonds

Shared dislikes create stronger bonds than shared positives. It’s an indirect way of speaking well of ourselves, and our listeners. Two people who don’t know each other will feel closer if they share something mean about a third person than if they say nice things about them. It’s a way of demonstrating their shared values and sense of humor. Add to that the thrill of transgression, since we’re supposed to be nice and positive.

To show and gain trust

“Don’t tell this to a soul”. Oh yes! Here comes another personal matter that we get to pass on to someone else with the same caveat. What kind of person wouldn’t? Saying bad things means you risk looking bad, so a gossip shows that they really trust the person they are talking to. This then makes the other person feel more inclined to share their own secrets.

Reassuring - I am not the bad one

It's hard to hide a smile when we learn that the sister-in-law we can't stand is having a tough time – even if it's with a twinge of shame.

Where does this nastiness come from? Being mean begins at an early age when children compare themselves with others. Forbidden to bite or hit, they turn to verbal violence. They want to remain their parents' favorite, and so devalue their friends. To reassure themselves they are normal, they say bad things about anyone who is different.

A woman who says in her partner's ear, "Have you seen the length of my sister's skirt? It's outrageous!", maybe trying to reassure herself that she's as sexy as her sister. This is what leads us to target anyone who makes us feel uneasy about our weaknesses. Gossiping about them provides a sense of reassurance and the hope to get rid of insecurity.

It is fun and we feel superior

It's also fun to arouse others' curiosity and monopolize the conversation, when you have information to reveal. This is one of the crucial essences of gossip: it makes us feel superior.

Negative gossip is very important to understand. Yogi Bhanjan said that human beings cannot live without it, but we need a strategy. You do not get involved, you do not add to it, you just contain it. When someone comes to you and spreads negative gossip, it will penetrate you and touch your veins, your bones, you cannot pretend you did not hear it. If you are aware of your emotional stage and someone comes to you for gossiping, you can choose before receiving it.

A simple exercise

Two days ago I was with a dear friend who is leading what we could call a standard life of work, a family, and a house construction (what do you mean by house construction? I would simply write "and a home/house" and he didn't have many questions about the spiritual world and yet, through him and my pondering on the energy of the month of September and the number 9, I realized that in the many years that I knew him, I never heard him speak badly of anyone. I realized this is part of what manners are about and where grace is at home. A sense of trust and letting go came out of this realization as he obviously must have never spoken wrongly about me. Why not try this simple exercise of avoiding speaking wrongly of anybody for a set period of time? If you manage one hour, you can manage one day, and then one week and, as Yogi Bhanjan said, when you manage something for one week you can manage it for your whole life.

Kriya & Meditation suggested for this month

Meditation / Pranayam: *"For Inner Strength"* - 11 min (from the book: A Year With The Master - Atma Singh & Guruprem)

Kriya: *"Creating Internal Balance"* - about 25 min (from the book: Self Experience - Harijot Kaur Khalsa)

Relaxation – 11 min

Meditation 1: *"Sacred Natural Law"* - 11 min (from the book: A Year With The Master - Atma Singh & Guruprem)

Meditation 2: *"Merge with the Infinite"* - 11 min (from the book: A Year With The Master - Atma Singh & Guruprem)

Diet suggestion: Banana-Nutmeg Ice cream!

Nutmeg, taken alone, is a very intoxicating food. It can make you totally disoriented. Dried powder nutmeg can cause severe dizziness and should not be eaten except in minute quantities.

Fresh whole nutmeg taken with banana, however, is a tonic, especially for men. It can keep a normal person young for a long time. This recipe can be served as a hot drink or as ice cream.

1 cup milk

3 medium-size ripe banana

1 whole nutmeg

1 fresh apple, peeled and cored

1/3 – 1/2 cup honey

Grind nutmeg with mortar and pestle or using a Molinex grinder. Blend ingredients until smooth. Then serve hot or pour into ice cream maker and churn until ready. Makes 1 pt.

To make "ice cream" without an ice cream maker, pour mixture into a flat tray. Set in freezer until almost frozen solid. Puree in blender. Then freeze again. Puree a second time. Freeze once more and serve.



Joke – Number 9 is about mastery, not mystery :)

A film crew was on location deep in the desert.

One day, an old Indian went up to the director and said, “Tomorrow storm.”
The next day there was a sandstorm.

Several days later, the Indian went up to the director and said, “Tomorrow rain.” The next day it rained for the entire day.

“This Indian is amazing,” said the director. He told his secretary to hire the Indian to predict the weather. However, after several successful predictions, the old Indian failed to show up for a couple of weeks. Finally, the director sent for him.

“I have a big scene to shoot tomorrow,” the director said, “and I’m counting on you. What will the weather be like?”

“Not know,” replied the Indian, shrugging his shoulders. “Radio broken!”

AAA Around the World

Austria



The WARRIOR OF LIGHT has been a fantastic week! We were a small group of 13 in a place in nature with a natural pond. It was deep and light at the same time. We had several material challenges during the week, from accommodation, to lack of water, blocked drainages, only one gas cooker working...! And in spite of this (and sometimes because of this!) we ended up making the best of what we had and what the day would bring.

“Why an additional module after a quite long journey over two years? And not even necessary to get your level 2 certificate... I would have loved to start with this module since the leadership topic spoke to me from the beginning. However, looking back it

seems that all the other weeks included the preparatory work for this one which was a sort of wrap up experience. At the same time it added a new dimension and we went deeper. Being in a small group connected through such a strong and refined energy field was simple and a week of bliss and joy. Sadhana in circle outside under the rising sun, a connection to the trainers on a more equal footing, laughter, and reflection time in nature - it felt a bit like ending a cycle and at the same time standing at the very beginning of something new - and big.” - Sat Sangat Kaur - Ilse Pogatschnigg



"The Warrior of Light module was an extraordinary and deep going experience, one that I didn't have in the numerous modules before. We were facing a lot of difficulties, but despite of them I was able to reach a sacred space of non-polarity, which was a great feeling. I'm very thankful for that!" - Shamsheer Singh - Hermann Wimmer



<https://3aaa.asia/highlights/warrior-of-light>



The second and last module of the **SUNCHILD** training to become a yoga teacher for children finished on August 26th. 20 more certified teachers to teach and BE with children in Austria, Israel, Slovakia, and The Netherlands. The quality of the trial classes was a great inspiration. Thank you for your enthusiasm and our time together!

<https://3aaa.asia/sunchild/training-information>

China

The Celebration of Yogi Bhajan's birthday on the 26th was an opportunity to come together & meditate. AiZhue / AAA Kundalini Yoga Center in Shenzhen welcomed more than 40 people for a sound healing bath, some yoga & meditation, and a meal shared together.



AAA is continuing its translation work to improve the access of the teachings in Chinese. We just completed the subtitles of 6 videos of Yogi Bhajan from "I am a Woman" and soon will publish 2 books which have been translated & proof read recently: "Self Knowledge" & "Self Experience".

Next program in China in September, a 4-day workshop on Parenting in Xiamen with Sat Sarbat ([check the video](#)). And the 21 Stages of Meditation with both of us in Kunming ([check the video](#)). <https://3aaa.asia/21-stages-of-meditation>

Coming soon in September / October

Level 1 Xiamen China Module "Foundation" - September 01-07

Level 1 Taipei Taiwan Module "Self" - September 10-16

Level 1 Grenoble France – Last weekend "Self" – September 21-23

Level 1 Shenzhen China – Weekend "Self" – September 21-23

21 Stages Of Meditation Kunming China – September 29 – October 6

Numerology Training Module 2 Taipei Taiwan – October 7-12

Level 1 China Hainan Module "Foundation" - October 15-21