



SEPTEMBER

Aquarian Numerology Community



“You have no sensitivity that your soul shall leave 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 29th July 1996

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

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), it carries the energy of the end, but the energy of a new beginning as well. The way we finish or complete (or not) things conditions 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 concrete 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 means as well beyond the illusion of the duality of life.

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, product of the constant individual and collective "magnetic dance".

The 9th dimension is an invitation to reach beyond that sense of limited (by time and space) identity by tuning in 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 Salzman, student of Gurdjieff - The Reality Of Being.

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

Diet suggestion: Banana-Nutmeg Icecream!

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 icecream.

1 cup milk

3 medium-size ripe banana

1 whole nutmeg, ground

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 icecream maker and churn until ready. Make 1 pt.

To make "icecream" without an icecream 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.

Kriyas & Meditations for this month

Meditation / Pranayam: "*For Inner Strength*" - 11 min

Kriya: "*Creating Internal Balance*" - about 25 min

Relaxation – 11 min

Meditation 1: "*Sacred Natural Law*" - 11 min

Meditation 2: "*Merge with the Infinite*" - 11 min

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

New Moon September 9:

Kriya: Sun Salutations, at least 11 min

Meditation: *"Connect up to Infinity"* - about 45 min.

Full Moon September 25:

Kriya: *"Self controlled through developed sensitivity"*

Meditation: *"Delight, Destiny & Creative Flow in Life"* - 31 min."