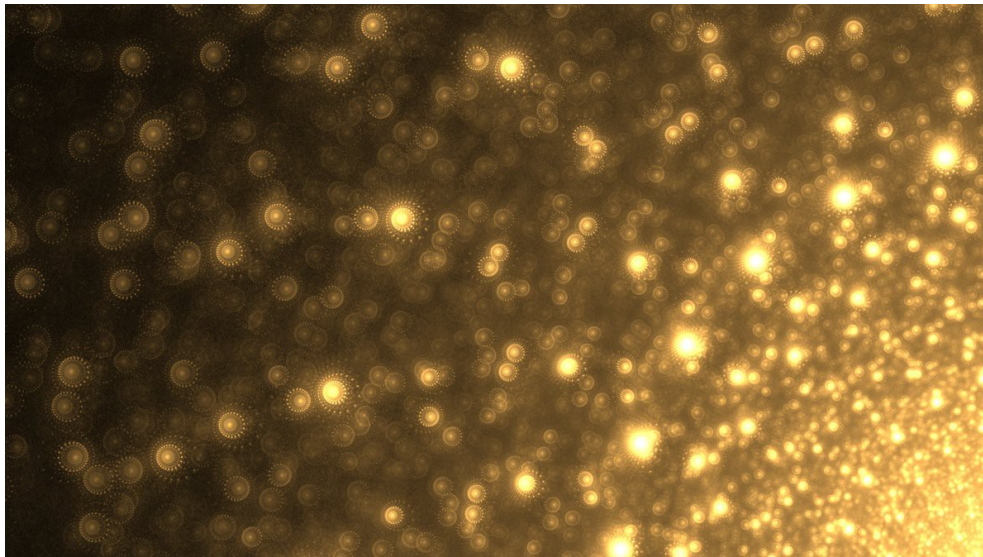




OCTOBER

Aquarian Numerology Community



"You are wrong if you think your intelligence works or your words are powerful or you are very charismatic.
Actually it is your radiant body, the glow, the shine in you that works." - 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.

10

Existence / Non-existence

Presence / Absence

Courage & Radiance

10 is 1 and 0.

1 within oneself. 0 as nothingness.

1 as a nucleus, 0 as the sun radiating from that nucleus.

10, a full existence which allows non-existence, a full presence which allows a total absence.

Saibang, a radiance coming from deep within, self-existing and self-illuminating. The radiance of a Self crystallized through self observation and inner silence. *"I am the light of the soul"*.

Being visible to serve the invisible. Sometimes we fall into the opposite, being afraid of being seen, serving the agenda of the small limited self ("I don't deserve it", "I am not worth it", ...). A life in the shadow, as a ghost, confused by false humility.

It takes courage to embody our true identity, to be free of our own conditioning (the voice of my parents, my school teachers, the society, ...), and to accept the guidance of the unknown through our intuition. This guidance is like a whispering and requires alertness and stillness. In that silence, a sense of responsibility to become the leader of our own life rises. But it brings also new fears because there are no set guidelines for this creative life. The patterns of the past, the family repetitive habits do not work! There is no possible control, each moment is an unexpected moment. It is a life of freedom by obeying to the change, without preconceptions, without judgment, accepting the sacrifice of who I think I am to open myself to a constant renewal of my own identity. We become an expression of the divine by surrendering to the present, by serving a force which is beyond the limited perceptions of the 5 senses.

Our body, mind and soul will serve this light body, our ultimate identity. It is a dynamic state, where we obey the flow.

"Projectivity is the essence of your radiance, it's a light. Your body, this physical body does not create an impression. You are foolish. The impression you make is the radiance of your body. If you take a candle, give it to somebody what he is going to do with it? Nothing. If the candle is not lit, it's just wax. The beauty of the candle is when it is lit. The beauty is when it spreads light and removes the darkness" - Yogi Bhajan

As teachers, we relate and connect to the Golden Chain. The Golden Chain is not a linear chain. It is like a constellation in which each light becomes an access door. Being a lighthouse, as Yogi Bhajan says, gives a sense of belonging and a sense of service.

"What is grace? "Grace is the shield of radiation or radiant shield which protects the pranic balance in your entire living system, not only with you, and within you, and within your psyche, but how you correlate to all other psyches in your communication of memory. All who have gone before you, all who have to follow you. Do you understand what grace is now? That trust that others place in you is your grace. The word you give to others is grace. Expectation of you being who you are is grace. It is a total sum of your personality, reflected by you. It is your radiant body." - Yogi Bhajan

Diet suggestion: Almond Milk - Very good for children!

This is an excellent first food for children while they are nursing, and a great substitute for breastmilk when weaning. It is high in protein, calcium, phosphorus and iron.

4-6 raw unsalted almonds. 6 oz. Of water. ½ - 1 tsp. honey or raisins.

Soak almonds overnight in water. Peel and place in a blender with a small amount of water. When blended, add remaining water, honey or raisins, and blend well. Strain through cheese-cloth before serving.

Kriyas & Meditations for this month

Kriya 1: "For Keep-up Spirit" - about 30 min

Relaxation – 11 min

Kriya 2: "Work on the Central Channel" - about 20 min

Meditation: "Expand Your Horizon" - 31 min

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

New Moon October 9:

11 min: Sun Salutations

11 min: Chant the Ik Acharee Chand shabd (*Ajai Alai*) – Explain the meaning of the words, check the pronunciation.

Meditation "*Love & radiant body*" - 22 min.

Full Moon October 24:

11 min: Sun Salutations

Meditation "*to Develop the Mature, Elevated Caliber of a Spiritual Teacher*" - 45 min.