



OCTOBER 10

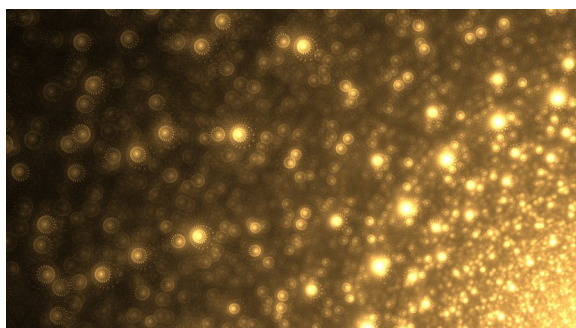
"You are wrong if you think your intelligence works or your words are powerful or you are very charismatic. Actually it is your radiant body, the glow, the shine in you that works." - Yogi Bhanjan

What can I work on in this month?

Every month, we invite you to explore different aspects of Yogi Bhanan'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 Bhanan. 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, and 0 meaning nothingness. 1 as a nucleus, 0 as the sun radiating from it.

10, a full existence allowing non-existence, a full presence allowing total absence.

10 represents "Saibang", the radiance coming from deep within, self-existing and self-illuminating. The radiance of the Self that has been crystallized through self-observation and inner silence: "I am the light of the soul".

How to be 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", ...). We live a life in the shadow, as a ghost, confused by false humility. Our conditioned mind constantly filters reality to transform life into something that fits the thinking mind. This brings our vitality down, gives us a sense of separation, and can even lead you to depression!

It takes courage to embody our true identity, to be free of our own conditioning (the voice of parents, school teachers, the society, ...), and to accept the guidance of the unknown through our intuition. This guidance is like a whisper and requires alertness and stillness. In the silence, a sense of responsibility to become the leader of our own life, rises. But it also brings new fears because there are no set guidelines for this creative life. The patterns of the past, the repetitive family 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 residing 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.

Life starts when you don't know and you let your intuition guide you. When you enter the invisible, life becomes sacred. Before that, what you think life is, is actually a sum of mental concepts and beliefs, a life without essence where you are pulled here and there in many conflictual directions.

"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 with all other psyches, that have gone before you and 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. The 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

The Invisible Zen Master Tozan

The story tells that the Gods wanted to see Tozan, a very famous Zen master, but they couldn't because he was just an emptiness.

They would enter him from this side and that side, they would pass right through him, but he was nowhere to be found. He was a nowhere-ness, a-nothingness... so empty of himself that they could not see him.

They were very curious to see a man who had become empty, so they played a trick.

They went into the kitchen as Tozan was going on his morning walk and took a few handfuls of rice and wheat to throw onto his path when he would return.

In a Zen monastery that is almost a sin because it is very disrespectful to rice and wheat. Everything should be respected because everything is divine.

It is a respect for everything. Everything that exists and has existed, is divine and should be respected.

So in a Zen monastery nothing is wasted; one should be careful, and alert.

They played this trick and threw these few handfuls of rice and wheat onto his path.

When Tozan returned he could not believe that any disciple could do that. Who could have done that? Who could have been so careless and disrespectful?

As this idea arose in him, suddenly there was a self and the Gods could see him. The emptiness was no more empty.

Suddenly an idea had crystallised; an attitude, a mind had come. For a moment a cloud appeared in the blue sky and the Gods could see this man, Tozan.

Then the cloud disappeared because the idea disappeared.

Osho - Beloved of My Heart

Guru Nanak



When Nanak disappeared in the river, it is said that they could not find him for three days. The Japji is the first offering after his return. You have to lose yourself completely to see the invisible, and when you stand in front of God, you are invisible. As long as you are, He cannot be. You are the only obstacle to reach and melt with your Higher Self. In three days Guru Nanak's ego disappeared. Since people can see only the ego, nobody could see him and they thought he was dead.

Kriya & Meditation suggested for this month

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

http://www.shaktakaur.com/kriyas/for_keep_up_spirit_radiant_body.htm

Relaxation – 11 min

Kriya 2: "Work on the Central Channel" - about 20 min, LA632 90/03/13

<https://www.libraryofteachings.com/lecture.xqy?q=date:1990-03-13&id=cb0ba162-1741-c412-892b-1fb8f68ff3cb&title=Los-Angeles-Lecture>

Meditation: "Expand Your Horizon" - 31 min, NM061 92/06/16

<https://www.libraryofteachings.com/lecture.xqy?q=%20sort:dateDescending&id=c9dd891f-8b1b-b99d-218d-0891b7531060&title=Espanola-Lecture>

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 them the next morning 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 or teafilter before serving.

Hot Science on Cold Showers!

(How-To: Contrast Bathing) – John Douillard – August 28, 2018

Many different cultures around the world have used cold bathing for health and longevity purposes, and the practice has recently gained some scientific support!

When I lived in India studying Ayurveda, I was instructed to start every day with a cold shower as a part of my yoga practice.

While Ayurveda always suggests gradual temperature changes to the body, classic yoga practices do recommend cold morning showers.

The ancient Romans used this practice as part of their famous Roman baths, where you would move through a series of hot pools, then to a cold pool. (1)

Today, this practice is very much alive and well in Europe—where almost every health club or spa offers at the very least saunas and cold baths.

Full article with references on <https://lifespas.com/hot-science-cold-showers/>

The Cold Shower Science

In a 2016 study, 3018 healthy participants between the ages of 18 and 65 were asked to take a hot to cold contrast shower for 30 consecutive days, with the cold shower lasting either 30, 60, or 90 seconds.

Seventy-nine percent of the group finished the 30 days, and 64 percent of them continued with cold showers after the 30 days.

The results showed a **29 percent reduction in absence from work due to sickness**—suggesting that a hot to cold shower may support a healthier immune system response.

Cold hydrotherapy has been found to cause physiological reactions such as a **decrease in local metabolic function, local edema, nerve conduction velocity (NCV), muscle spasm, and increase in local anesthetic effects.**

Brief, daily cold baths **may boost immune function.** Cold baths may increase both numbers and activity of peripheral cytotoxic T-lymphocytes and N Killer cells, which govern adaptive and innate immunity. (8)

A small study with people who were depressed (but not officially diagnosed with depression) showed that the cold hydrotherapy can **relieve depressive symptoms** rather effectively.

Cold bathing was also found to have significant analgesic or pain-relieving effects and does not appear to have noticeable side effects or cause dependence.

If you're still not solid on the idea of a cold shower, one study did find that regular cold showering got easier and easier over time.

If you have a vata imbalance, this therapy may not be ideal for you. For sensitive body types, the process of short-term cold immersion must be gradual and brief.

A Better Bet: A Hot-to-Cold Shower

My favorite way to get the benefits of cold showering is to first start with a warm shower.

A warm/hot shower produces a vaso-dilation of the blood vessels (this lowers blood pressure) and relaxes tight muscles (5) but leaves the residual fluid in the intercellular spaces, where metabolites may then accumulate after the heat dissipates.

A cold contrast bath will vaso-constrict the blood vessels and pump any residual fluid out of the blood, lymph, and muscle, delivering a measurable analgesic effect.

Contrast bathing-moving from a hot to cold bath-has been well-documented and is still used today as an effective exercise recovery technique.

This may explain why the Europeans always offer a cold immersion after a sauna to complete the process of recovery and muscle rehabilitation. That said, other studies have found that post-exercise cold water bathing is only as effective as an active recovery, such as walking for 10-15 minutes after a workout, but both do offer benefits.

But a hot shower followed by a cold shower *has* been shown to offer significant post-exercise recovery benefits, so start with a warm-hot shower to warm up your core and balance the vata (nervous system), and then gradually add the cold.

How-To: Contrast Bathing

At the end of the shower, gradually turn down the hot water and increase the cold.

First, cold shower your hands and feet. Slowly move to your torso into the cold water, and then to your head.

Massage each body part the best you can as you immerse yourself in the cold shower.

There is no need to shock your body. According to Ayurveda, this can actually aggravate vata.

The technique of contrast bathing from hot to cold is not only the most comfortable but seems to be the most scientifically-backed approach to cold bathing.

Gurdjieff Movements

We just came back from a wonderful 3-week retreat in Provence, France, where we practised Gurdjieff Movements, or Sacred Dances. It was another way to explore the space of the 10, existence/non-existence and presence/absence, and we had the rare opportunity of being students again, of going deeper into meditation and silence and finding moments of inner peace and inner freedom. The movements teach us how to observe ourselves and others on a deeper level and how to bring more awareness and relaxation in our lives.



G. I. Gurdjieff collected the movements as he traveled throughout central Asia, India, Tibet, the Orient, and Africa where he encountered various Indo-European and Sufi orders, Buddhist centres and other sources of traditional culture and learning. He taught to his students as part of the work of self observation and self study.

They are not just displays of body coordination and exercises in concentration. They transport real, concrete knowledge, passed from generation to generation of initiates – each posture and gesture representing some cosmic truth which is felt as spaciousness and presence.

Kundalini Yoga as taught by Yogi Bhajan and Gurdjieff movements are two powerful tools to transcend our sense of self and expand our consciousness. In our experience, what you can escape in your Kundalini Yoga practice, you will face it through the movements. And whatever you cannot transform through the movements, you will transform through Kundalini Yoga! These practices are complementary and nourish each other. Both have a strong connection with the path of the Sufis and have common origins.

There will be a representation in Paris, Saturday, December 8th at 11:30 am and 3 pm in Salle Colonne, 94 Bd Auguste Blanqui, Paris 13th. Tickets may be bought on line : <http://www.lepotcommun.fr/billet/gcl0st61>.

Here a link to our Teachers' website, where there are also many videos to watch: <http://gurdjieff-dances.com/eng/>

Joke

A priest and a drunk bus driver arrived at the pearly gates where they met St. Peter. "I am the village priest and would like to be admitted to heaven.", said the priest.

"And I am the village bus driver and I want to come in too.", said the drunk.

"Okay.", said St. Peter. "You, Mr. Priest, will have to wait over there for a few years, but you Mr. Bus Driver, you can go right in."

"But wait a minute-", said the priest, "I preached every Sunday in church and taught people how to pray and be good. He is nothing but a drunkard."

"Listen", said St. Peter, "when you preached, everybody slept. But when he drove, everybody prayed like crazy."

AAA Around the World

Austria

We keep on receiving messages from the participants of the **WARRIOR OF LIGHT** week that took place in the Zen Temple near Vienna in August. Memories of a good time together and inner transformation come up here and there.

Here is a message of Lakhmi Priya, Ivana Czabany, that somehow did not make its way in the past newsletter:

My experience of the 'Warrior of Light' Week

Before attending this module, I was wondering if it would inspire me to reach the powerful and courageous state indicated by its fascinating title. So, there was a lot of hope...

... and in the end I was positively surprised. 😊

After attending all five Level 2 TT Modules in a row, I felt very grateful for gaining a huge amount of precious knowledge that has been changing many aspects of my life for good. At the same time, it felt like part of this knowledge hadn't settled and integrated yet. During the 'Warrior of Light' week it felt like all this knowledge melted together and crystallized to form a wonderful jewel. It felt like this module was the last missing polishing step to let it shine and bring me the clarity that I was missing.



Kundalini Yoga
KRI Level 2  
Austria AAA Ajai Alai Awakening
International Kundalini Yoga and Numerology School



Lead Trainers Level 2

Sat Sarbat Kaur
 &
 Satmukh Singh

2019	Vitality & Stress ~ February 05-10 Tamanga (45 min from Graz)
	Conscious Communication ~ August 20-25 Zen Temple (40 min from Vienna)
2020	Authentic Relationships ~ February 01-06 Tamanga (45 Min von Graz)
	Mind & Meditation ~ August 22-27 Zen Temple (40 min from Vienna)
2021	LifeCycles & LifeStyles ~ February 02-06 Tamanga (45 min from Graz)
	Warrior Of Light* ~ August 25-29 Zen Temple (40 min from Vienna) <small>*AAA Leadership Training</small>

FEES

One module: Full price **700€** / Early Bird **650€**
 3 Modules: **1600€**
 5 Module + Bonus - Warrior Of Light: **3000€**
 25 % discount for couples for the registration of the second partner.
 Food & Lodging not included (from 330€ to 390€ per module)

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*I especially liked that we were able to identify our personal treasures in a very intuitive and touching way and I hope I can write for the entire group – gained lots of courage and trust to share the beauty of these treasures with the rest of the world. The last thing I would like to mention is that I enjoyed very much the intimacy of our rather small group that felt almost like a family.
 Thank you all for this experience!!!*

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

Good news! Since we got several requests, we changed our plans for 2019 to be able to reoffer the **SUNCHILD** training to become a yoga teacher for children. It will take place in **Vienna**.

Dates: 5 – 9 June and 4 – 7 July 2019.

https://3aaa.asia/schedule/search-result?category_id=31&layout=timeline

Next programmes in Austria will start beginning 2019:

LEVEL 1: will start end of January

https://3aaa.asia/schedule/search-result?category_id=19&layout=timeline

LEVEL 2: dates are confirmed for the next 6 modules! We will start with Vitality & Stress beginning of February.

https://3aaa.asia/schedule/search-result?category_id=25&layout=timeline

Natasha, from **Serbia**, came to Vienna in September to teach a workshop to the Serbian community in Serbian – everything is possible! Natasha is the organizer of the AAA TT Level 1 in Serbia. She is very active on social media sharing thoughts and tips for a healthy lifestyle.

https://3aaa.asia/schedule/search-result?category_id=41&layout=timeline



China

The **4-day workshop on Parenting** in Xiamen with Sat Sarbat just finished. It was a time of healing, fun, and emotions.

The **21 Stages of Meditation** just started with both of us in Kunming. We are just at the second day and still building it up. The participants are motivated and engaged. <https://3aaa.asia/21-stages-of-meditation>



France



The first AAA L1 Teacher Training organized by Fateh Singh just finished end of September in France. Most of the students have already started to teach. It seems that after a few articles in major newspapers and magazines about the benefit of Kundalini Yoga, Kundalini Yoga is blooming in France :)

Next Teacher Training Level 1 will take place in Normandie in January 2019, with the support of Sat Sarbat Kaur (France) and Sat Pavan Singh, newly KRI TNTs (Trainers-in-Training) with AAA.

https://3aaa.asia/schedule/search-result?category_id=21&layout=timeline

Coming soon in October/November

Numerology Training Module 2 Taipei Taiwan – October 7-12

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

Level 1 Australia, Module "5 Elements" - October 24-31

Workshop Brisbane on "Harmonious Relationships" - October 20 <http://www.kundaliniyogabrisbane.com.au/>

Workshops Sydney at Soul Flow and The Collective about "*Me in WE and We in ME: Leadership in the Aquarian Age. How can I be an actor of the collective change?*"

Level 2 China - Xiamen, Module "Conscious Communication" - November 5-10

Level 1 Taiwan – Taipei, Module "5 Elements" - November 20-25

Level 1 China – Zhengzhou, Module "The Self" - November 26 – December 2

Level 1 Turkey – Istanbul, Module "Foundation" - December 13-19