



NOVEMBER

Aquarian Numerology Community

“Prayer absolutely brings the redemption from karma. Prayer is the power of God in you. You don't do prayer to something outside. You do prayer from inside. You do prayer from inside to inside.”

- Yogi Bhajan 7/15/82

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.

11

Me and God, God and Me are One
Spiritual Integrity
Prayer

The forms and the Truth

The year is coming to an end. This is the time to remember, remind, integrate, and give thanks. Indeed many traditions we celebrate the ones before us (Thanksgiving, All Saints's Day, Halloween - three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed).

The small one is called back home by the big One. We can see from where we started the current year cycle and realize the creation of the one soon coming in a renewed form. The forms that the creation takes are never-ending. There is a huge potential for change on the level of the form. But the whole structure together is not changing, the structure remains the same, very stable and strong.

This is a permanent principle under any being which is an expression of the same, absolute truth. Truth is a sense of absolute unchanging.

The Tree Leaf and Eternal Life

I asked the leaf whether it was frightened because it was autumn and the other leaves were falling. The leaf told me, "No. During the whole spring and summer I was completely alive. I worked hard to help nourish the tree, and now much of me is in the tree. I am not limited by this form. I am also the whole tree, and when I go back to the soil, I will continue to nourish the tree. So I don't worry at all. As I leave this branch and float to the ground, I will wave to the tree and tell her, 'I will see you again very soon.' "...That day there was a wind blowing and, after a while, I saw the leaf leave the branch and float down to the soil, dancing joyfully, because as it floated it saw itself already there in the tree. It was so happy. I bowed my head, knowing that I have a lot to learn from the leaf because it is not afraid – it knew nothing can be born and nothing can die.

Thich Nhat Hanh, reflecting on a tree leaf

The Senses and the Truth

Your senses cannot perceive the truth. They will send a relative truth to the mind that, in turn, will confirm the validity of this perception.

But trusting your senses, you perceive the reality in a distorted way. Everyone in a room will have a different perception of the room. All are right and wrong. Senses are tools for perception to be used as a source of information for the Self-Sensory System that you develop through the practice of Kundalini Yoga.

Our 5 senses are also connected to our lineage. The parents had already a set balance of the tattvas and they transmitted that to you. Other factors affect our perception, like where we are born, in a cold or warm country, which belief system, which colors, which food.... Some people love the seaside and some people hate it. Some love the mountains, some don't. It's all set from the beginning. That's one big line of unbalance.

Your senses build a strong memory, which limits our capacity to experience the absolute Truth.

[...] And this is happening at each center. Look: our divisions are all false divisions. On the tree, on the apple tree, there is one apple. You say it is outer to you, outside of you; it is not inner, certainly not – it is hanging on the tree. You eat it; you have eaten the outer. You digest it: it becomes your blood, your bone, your marrow... it will turn into your dreams, into your poetry, into your painting. Now it is no more outer, it has become part of the inner. The outer has dissolved into the inner. Then one day you die, and the earth will use your body as a manure, and again in the apple tree one apple will be born. Now the inner has become the outer.

The inner and the outer are continuously meeting and merging into each other. The demarcation is only utilitarian; it is not real. Where does the inner end and the outer begin? – can you tell me? Can you make an exactly clear line, where? The outer is continuously moving into the inner: you are breathing in. And the inner is continuously moving into the outer: you are breathing out. There is no demarcation between the outer and the inner, they are one. [...]

– Osho, The Divine Melody

Spiritual Integrity

11, 1 and 1. I am connected to myself. I listen to my existence, never feeling alone. I am in company of the One. It is your connection to the One and the One within you, "I am, I am". You are both part of the One and you are One. Integrity toward yourself gives you a spontaneous alignment with the One. Each breath, each heartbeat, is an opportunity to feel your own existence and to connect to your inner God. Separation is embraced, nourishing the longing to belong, opening the door to a divine communion.

Spiritual Integrity is the capacity to align our choices with our highest, most authentic Self. Spiritual integrity engages our intuitive self and may not involve our moral compass, or our mental judgment of right and wrong. It is related to our commitment and courage to honor our divinity in the decisions we make and live our truth. When we face difficult decisions, do we make choices that allow us to stand in our greatest truth or do we wax and wane when there might be more a favorable gain for us in the material world?

The wrong manifestation of the number 11 is the desire for a permanent parallel relationship in this world where it is not possible. The illusion of connection results in duality and critics as soon as my needs are not met. Then existence is denied and ideals praised. In the spiritual path, instead of spiritual integrity, it becomes spiritual naivety.

The Mirror and the Personal / Impersonal

11 is as well a balance of the lower and higher plans. Your individual will is aligned with the universal will.

You are personally impersonal: you use your own experience and perception to serve the collective and the teachings in a non-self-centered way.

You are impersonally personal: when something touches you, or is about you, you do not take it personally but see instead the overall dynamic and are capable to distinguish between what belongs to you and to others.

If you loose the connection with the 1 (Soul Body), 11 is like a card that you turn upside down. The perception of your reality suddenly changes and it seems like your path is totally blocked and you even self-sabotage yourself. It is a sudden conflict without compromises or transition. It is positive or negative, dark or white, with no nuances to smooth either of the two.

In the Sikh tradition, the 11th Guru is not a person but a sacred scripture known as the Siri Guru Granth Sahib (SGGS). It gathers the words of saints, gurus, and sages. This scripture is a constant mirror of our inner truth, it answers all the questions that the mind can produce, bringing us back to our deeper self at times of confusion and ignorance. The SGGS is like the blueprint of the creation, covering all aspects of consciousness.

Prayer

Prayer is a communication with Oneself, strengthening your integrity and your capacity to listen and be the sound at the same time. Palms together at the heart center, the left and right in communication and balance, the polarities brought together to give a new sense of peace, an access to our true being. It is the one and the one that do not add to two, but superpose on each other to give the One. If you subtract one from one, it is zero, the space of silence.

The second aspect of prayer is that the moment you become a prayerful person, fear of the unknown is gone and love of the unknown awakens. Death doesn't mean anything. It is never a fear to those who are prayerful, and prayer doesn't mean that you have to jump and juggle and make a huge panorama show that you are very prayerful. No, it's an attunement. It's a conscious attunement with the unknown. – Yogi Bhajan 7/15/82

Diet suggestion: Kitcheree

This Ayurvedic healing meal is “pre-digested” and is excellent for the sick, the elderly, and young children. You can cook it occasionally or as a cleansing mono diet. Kitcheree provides a perfect balance of easily digested proteins and complex carbohydrates that sustains the body, gives clarity and strength while leaving lots of energy free for other tasks that are not digestion!

1 cup mung beans

10 cups water

1 cup basmati rice

2 yellow onions, chopped

2 inches ginger, peeled and chopped

5 cloves garlic, chopped

3 carrots, peeled and chopped

5 stalks celery, chopped

2 zucchinis, chopped

1 small crown broccoli, chopped

1 tablespoon cumin powder

1 teaspoon turmeric

1 teaspoon chili flakes

1 teaspoon coriander seeds

1 teaspoon cumin seeds

1 teaspoon dried oregano

1 teaspoon dried basil

1 teaspoon sea salt

1 teaspoon soy sauce or Tamari

1 teaspoon extra virgin olive oil or ghee per serving

1-inch piece of Kombu seaweed (Kombu provides dishes with flavor, nutrients, and minerals, and makes beans more digestible).

Soak beans overnight. Wash and rinse the beans. Bring water to boil, add beans and kombu seaweed, and let it boil over medium-high heat for approximately 45-50 minutes until soft and the beans open. Then add the onions, ginger, garlic, carrots, and celery and let cook for 30 minutes. Then add the rice and let it simmer for another 20-25, stirring often, this where the kitcheree could burn; cook until rice is done. You can add the spices here or any time, as long as they cook for a bit. Add broccoli, zucchini, and a little more water. Continue cooking for 5 minutes. The consistency should be that of a thick soup. Turn off heat and let cool for 10-15 minutes. If a thinner dish is desired, add more water. Add soy sauce or Tamari to taste. You can also add one teaspoon of extra virgin olive oil or ghee per person.

Kriyas & Meditations for this month

Pranayam: "Gian Mudra Kriya" - KRIYA BOOK - pages 449, 450 – 11 min

Kriya: "kriya for Energizing the Self" - KRIYA BOOK - pages 355 - 365" – about 40 min

Relaxation

Meditation: NM056 "We work on the Central Nervous system" – about 40 min

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

New Moon November 7:

Kriya "Strengthening the Aura" - Level 1 Manual

Meditation "Me and God are One" - 22 to 31 min.

Full Moon November 23:

Kriya "Self Adjustment of the Spine" - I Am A Woman 2, pages 394 - 399

"Meditation to Relax & Rejoice" - I Am A Woman 2, pages 358 – 359 – 22 min