



DECEMBER

Aquarian Numerology Community

“It is not meditation that stops the mind. It is the surrender of the mind to the soul, and the soul to Truth. It is when you prefer the word of Truth to the word of your own intellect.”

- Yogi Bajan

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.

12

The Hukam: The Divine Order
Unity in Duality
The Experience of Life

Unity in Duality

Unity (1) and Duality (2). I can choose to see the unity or the separation, depending on the filter I use. I am One and everything is a mirror. I can embrace this mirror and accept the Hukam. Hukam is a Punjabi word derived from the Arabic hukm, meaning "command" or "divine order". In the creation it is the play of the polarities. Sometimes life is smooth, sometimes life offers challenges, sometimes we experience pain, sometimes pleasure, it is out of control and it is better not to fight it.

The 2nd pauree of the Japji illustrates that:

hukmee hovan aakaar **hukam** na kahi-aa jaa-ee.

By Your Command entities are formed. Your Command cannot be predicted.

hukmee hovan jee-a **hukam** milai vadi-aa-ee.

With your Command one obtains respect and is praised.

hukmee utam neech **hukam** likh dukh sukh paa-ee-ah.

By Your Command Ups & Downs occur. With Your Command is written suffering and happiness.

iknaa hukmee bakhsees ik hukmee sadaa bhavaa-ee-ah.

Without Your Command no one is blessed. With your Command one lives in perpetual migrations (or pain).

hukmai andar sabh ko baahar **hukam** na ko-ay.

Everyone in Within Your Command, None is outside His Order.

naanak hukmai jay bujhai ta ha-umai kahai na ko-ay.

Says Nanak, "Whosoever realizes Your Command, Never speaks in ego."

This pauree is about accepting the present moment the way it is.

12 = 1 + 2 = 3, our tendency is to constantly judge, evaluate, elaborate, assess what is through our beliefs, opinions, past experiences and habits. "People should be nicer." "Children should be well-behaved." "The line at the grocery store should move faster." "My husband (or wife) should agree with me." "I should be thinner (or prettier or more successful)." "I should be wiser". "I should not be depressed", ...

These thoughts are ways of wanting reality to be different from what it is. It is a way to refuse the Hukam. It creates a lot of stress caused by our automatic mind reactions.

"We can know that reality is good just as it is, because when we argue with it, we experience tension and frustration." - Byron Katie.

We identify to our thinking process in order to feel alive. Who am I if I don't think? Who am I if I just reflect / mirror the creation in silence, accepting what comes to me, facing the challenges, accepting the gifts, without complaining, criticizing or comparing. This is what Yogi Bhanan called a Human. A human lives by his consciousness and intuition and accept the gift $1 + 2 = 3$. My soul, out of the wish to experience life, incarnated and entered the law of polarities, the time and space (2). I can welcome the experience or reject it. I have the choice whether to see the blessings within any experience.

"If you don't see God in all, you don't see God at all" - Yogi Bhanan.

Every time we filter life, we create separation and nourish our incapacity to experience love.

3 (1+2) is the positive mind. It is about risk, it is all about potential, how can it do more, how can it improve the present situation, find new opportunities. But when this does not happen because we feel separated and are prey of the negative sense of duality, the positive mind will plug into this feeling and will go and find all the details to reinforce what is there. It might reinforce the sense of separation, giving you good reasons why you are right to feel so. December may increase your depression.

Or it might try to dissolve any negative thoughts by flirting with imaginary positive. End year celebrations might hide a hope for a change without efforts, or become a distraction to the emptiness we perceive.

December is an opportunity to recognize the Hukam, the divine within your life and in every person. In the Christian religion, Jesus is born every year in December. An opportunity to be reborn with a new attitude of gratitude and acceptance of our limitations and the ones of others.

Diet suggestion: Sesame-Ginger Milk

This creamy and stimulating drink is nourishing for the nervous system and increase the male potency.

60 g. of sesame seeds.

30 g. of coarsely chopped ginger root (very fresh).

350 ml. of organic milk.

30 g. of honey or maple syrup.

Blend at high speed until smooth and frothy.

Kriyas & Meditations for this month

Kriya: "Detoxification" – SELF EXPERIENCE book, p 9 – 10, about 40 min

Relaxation

Kriya: "Conscious Rebirthing" – SELF EXPERIENCE book, p 4, about 22 min

Short relaxation and stretch

Meditation: "Preserver" – 22 to 31 min – THE MIND book, p 164

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

New Moon December 7:

Kriya "Adjustment of the blood" – INFINITE IN ME book, p 1

Meditation "Artist" - 22 to 31 min – THE MIND book, p 168

Full Moon November 21:

Kriya "Working on the lower spine" - OWNER'S MANUAL FOR THE HUMAN BODY, p 21

Meditation: "Defender" – 22 to 31 min – THE MIND book, p 156