

DECEMBER 2011 NEWS

Last month, I wrote about my experience in India when I attended a Yoga and Music festival to celebrate the 11.11.11. I decided to split the experience from the Yoga but as I sit down to write about the Yoga teachings, I see the vastness of the subject ... so, let's see how far I get in this newsletter.

Having done Yoga since 1980, I consider myself an experienced Yogi as far as exercise is concerned. Now that I have completed my Kundalini Yoga teacher training, I see the completion of the physical cycle. Where I remain fairly ignorant, is the universal teachings of Yoga which was one of the topics taught to us by Guru Singh whilst at the Yoga festival in Rishikesh. I took some notes and will endeavour to share his teachings with you.

On day 1, he started with the concept of the Big Bang which he explained as a crack, opening something from nothing. This, he jokingly said, happened 13.8 million years ago when God got bored and decided to create something. The size of this crack was 100 million miles in diameter. Here a Multiverse was created. We only have knowledge of a small part of this Multiverse called the Universe. This is something that we, as humans, often struggle to understand so we were asked to just accept this concept.

Four events create life as we know it. They are tension, pressure, stress and friction. Our aim is to maintain balance, as when we are out of balance, suffering happens and this is why we make mistakes. This concept can be understood if one stretches and releases a rubber band i.e. out of balance versus into balance. But if one continues stretching this rubber band, it will eventually break. The Hopis, Tibetans, Vedic Scriptures and Mayan Calendar, to mention but a few references, refer to this elastic bond breaking as the Aquarian Age. In other words, a time where tension, pressure, stress and friction will no longer be the events creating our lives.

A concept called the Red Shift was introduced. The Shift being caused by sound waves being condensed thereby changing the human body's relationship with space. In this Piscean Age, our bodies engaged through bone and muscle. Over time, this became translated into money and munitions.

In the Aquarian Age, our bodies will engage through fascia and nerves where connective tissue will send impulses via the nerves into the fascia. This will mean that bone and muscle will no longer be required to keep us going. Yogi Bayhan said that "fascia are like a sail catching the Aquarian winds". From this I understand that exercise needs to focus on strengthening the nervous system and fascia and no longer on developing muscle alone. Kundalini Yoga is a wonderful modality to practice to achieve the strengthening of the sails.

Guru Singh went on to say that the human population could be divided into 4 categories. The consciousness amongst humanity is distributed as follows:

- 3.3% are teachers
- 10% are people experiencing maximum hell i.e. 1 in 10 people currently being born. Developing humans who are working hard to get through their 84 000 human lifetimes.
- 86.7% are made up of foetuses i.e. 1 in 5 people (20%) and embryos i.e. 1 in 3 people (66.7%)

1/5th of the human population are foetuses, in other words, not yet born. These are apparently people who lead global corporations, politicians and beings in power.

The embryos are at present totally controlled by the fetuses. Therefore, it is important not to criticize the embryos.

The 10% experiencing maximum hell are made up of addicts, alcoholics, homeless people etc.

In order to control the world, one must control the embryos. And according to Guru Singh, we have until 2018 to do the work. In other words, take control away from the fetuses and let the teachers do what they do best ... teach and lead by example.

Day 2 and 3 seemed to carry a common theme; how and what does one need to do to equal the vibration of the Aquarian Age? The Red Shift, as previously mentioned, refers to the body's physical state. Until now, we have been in a state of constant explosion thereby maximising the tension. Frustration is an emotion that many of us experience at this time. Frustration is known to be the mother of invention. How wonderful that the universe gives us such opportunity to learn.

At this time, you may also find that people in need of help will flock towards people who have strong fascia and nerves. At the same time, some people may fight the change. In this case, it is important to treat everyone tactfully and with empathy. Never take offense.

One sure way of building strong sails is by observing a daily practice of exercise and meditation. Being aware of your thoughts; especially thoughts of one's parents and ancestors. Any thought, other than gratitude, must be let go of.

Pain increases whenever one leaves the present moment. It is either a memory or anticipation of something.

We need to learn to co-operate with all other humans. (7 billion people on this earth at present.) If we can accept that people who challenge us make us strong, we will learn from them. Yogi Balyan said that "you can judge your strength by the strength of your enemy".

A little exercise that will assist us to grow strong is to think of one's worse experiences, then say "this is remarkably good". These experiences make us strong.

Another helpful hint would be to recognise that you are not the story of your life. We all have unlimited knowledge within. We need to remove all the stories. We have the ability to become our own extraordinary excellence.

Since our fascia surrounds all our glands, organs and nerves, strong fascia produce a strong electromagnetic field thereby increasing strength within the auric field. The end result is that if one feels a feeling, the feeling is transmitted to the brain. This frequency then creates one's reality. Therefore, having strong fascia and nerves will help to change what you feel into that which you wish to feel. You then experience that which is and then you feel what you want to feel. (The changed thought.)

The wonder of this time is that babies are being born into this altered vibration. And since all memory is squeezed out through the birth process they are now making a conscious choice not to be controlled by money and weaponry.

On day 4, Guru Singh used the analogy of the water in the Ganges as life. The water is not always able to flow as it wants; just like life that does not always flow like we want it to. But eventually, all

water ends in the ocean; just like life can end as one wants. What one needs is TRUST and then allow it to carry you into the flow of life.

For most of us, we look for pleasure and avoidance of pain. This is not 'trust' and prevents us from being in our infinite nature and since we are living in an infinite world, we will not reach that ocean with the ease and grace that 'trust' will allow.

On the final day, Guru Singh started his talk with the words "fake communism, fake democracy". One can only wonder, what is real? Whilst foetuses rule embryos with fear, will we ever see anything real? Since FEAR is only 'False Evidence Appearing Real'.

Teachers, all 31 million, will need to be courageous. There is no time to be timid and shy. The change needs to happen soon. Of importance is knowing that as humans the only advantage we have over other species is our consciousness. We are born physically helpless. It takes 12 - 16 months for us to be able to walk. All other animals walk within an hour or less. We are far weaker than other species and failure is a reality that we live with. For a baby, falling is the way forward, as walking is an experience of failure as we fall time and again until we eventually master the art. We need to be good with failure, attach to the concept and know that failure leaves us with knowledge.

Finally, we are guaranteed that at some point we will reach the ocean. Of course we will get lost in the dramas of the day but the truth is that the river of life has already met the ocean. All that is left for us is to experience the journey and grow in consciousness as we flow within a space of TRUST.