

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 band 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 Bhajan 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 foetuses. 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 foetuses 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 maximizing 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 Bhanjan 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.

Love and light
Debbie



NOVEMBER 2011 NEWS

Again late ... but then rather late than never. It was my intention to write about my Yoga experience in India on the way back from India. However, I had a cold, was dreadfully tired and even although I don't sleep on planes, managed to dose on and off for many hours.

In the beginning of this year, I attended a weekend workshop with a Yogi named Guru Mukh who comes to teach in South Africa from Los Angeles. At this workshop, she mentioned that there would be a festival held in India to welcome in the Aquarian Age (11-11-11). She said, "If you want to be there, just say, I am going to India in November and it will happen."

Well, despite a rather nasty year filled with some of the biggest challenges I have ever had to endure, I went to India.

I want to say a huge thank you to my friend Roshnee who paved the way and helped make the trip a reality for me. I have been doing Yoga for 30 plus years now and ascribe most of my spiritual growth to the journey with Yoga. So for me it was not a matter of if, but rather how am I going to make this happen!

So, on the 3rd of November, with a non-healing tendon in my foot and a work load that should have kept me at home, I was on the plane to India.

One of my greatest concerns was that I was not going to cope with seeing animals that were hungry, neglected and sad. I had heard so many stories like this. So a large part of the flight over was spent in prayer asking God, the Angels, the Guides and anyone listening, to protect me from sights that I could do little about. Clearly they were all listening as I left feeling that the animals in New Delhi and Rishikesh are not badly off at all. (I only saw 2 sad horses and 1 sad donkey.)

I was traveling with fellow Yogis; none who I would call close friends but certainly people I share a deep common interest with. So since we had some time to share in New Delhi, three of us organised to do a short tour of Delhi. We arranged this beforehand and were met by a travel guide who could not speak a word of English but, nonetheless, whizzed us through New Delhi showing us beautiful buildings, statues and some over filled parks. None of us had a clue what we were seeing but happily took photos of who knows what. In retrospect, what this served to do is prepare me for the mad traffic and sights in Rishikesh. Thank you New Delhi!

Later that day, we arrived at an airport just outside of Rishikesh. Our transport had not arrived, apparently nothing unusual, but we piled into a car with some other ladies; luggage stacked on top of the car at least 1 – 2 meters above the car roof and off we went.

Well, I still don't know where Rishikesh starts and ends because we drove through densely populated areas, then some clear spaces, then more densely populated areas and so it went. Eventually we travelled along a very spindly road through a forested area and about 2 hours later, arrived at the biggest Ashram in Rishikesh.

Now, when I speak about densely populated, I mean just that. I suppose one would call it pure chaos in many ways. Cars, scooters (no helmets), bikes, cows, dogs, monkeys and hundreds of people all in the same place at any given moment. Urinals on the road side... no, not men peeing at the road side; real urinals! It soon became clear to me that clearing one's nose and spitting is absolutely accepted, as is the abluting in public. I, of course, immediately fell in love with the cows. All shapes, sizes and demeanours ... they too abluate whenever they want. What struck me most was that none of them feared humans. Man do we South Africans have a far way to go!

After a long ride through the forest area, where one finds elephants from time to time (none seen), we arrived at the Ashram in Rishikesh. From there we were directed to our

accommodation which for me was called the Raj Palace. I soon learnt that the word “palace” certainly does not mean palatial as we understand in the West. But it was home for 7 nights. Once I got over myself regarding the dirt, pollution and noise (day 3), I then got a real Indian cold. Man did I feel ill! High temperature, shivers and all the rest. My poor roommate, who I did not know from a bar of soap, was subjected to coughing and spluttering for the rest of her stay. At least it was not Delly belly!

Our festival organisers had organised a resident Ayurvedic doctor who cared for all the delegates with great compassion and care but just like our western medication takes 10 days to assist one when you have a cold, so does the Ayurvedic medication take 10 days to make a difference. It was, however, wonderful to sit in front of a doctor who actually listened to me.

There were two other challenges ... wet toilet floors, always wet, foot marks on toilet seats ... and food. Oh, how blissful to come home and have dry trousers around the bottoms. I soon realised that people use little toilet paper but rather use water to clean themselves after abluting.

The last issue was food. One is warned again and again against eating suspicious food and drinking water that is not clean. So besides making sure that I only used double sealed bought water, I also asked the kitchen at the hotel to boil all my water. Over the top, maybe, but at least I got no Delly belly.

The organisers had arranged that we were all (600 – 800 of us in total) fed Ayurvedic food. Day one was great except I realised that I was rather precious about eating out of metal plates. (I must have been in prison in a previous life time.) Day 2, still fine but by day three, my western taste buds just went into revolt and said “no more”. So then it was a matter of finding a “safe” restaurant in Rishikesh. I soon realised that going to eateries where other Westerners went and restaurants that were busy, were safe. I must say that I never looked into their kitchens as I may just have become “nil per mouth” for the rest of my stay!

The food at a little place called Tip Top was great as was the food at Roof Top. Otherwise, thank goodness for health and nut bars brought from South Africa.

Now I suppose I am painting a pretty bleak picture, which I don't mean to do, because the experience was amazing and I would go back tomorrow.

India is shopper's paradise. Beautiful cloth, esoteric and spiritual ornaments and tools that cost nothing. Polite people that smile even when irritated. Drivers that don't speed and have no road rage. People that are respectful. Streets that one can walk at night and still feel safe. People that chase after you if you leave something behind. People who ask how you are feeling and want to hear what you say. People with nothing who offer to give you their money because the ATM is not working. A hotel that is prepared to lend you money because the ATM is not working.

Fellow South Africans, were did we go wrong?

To get back to the animals ... as an animal communicator, I get to chat to animals wherever I can. What struck me is that animals REALLY cherish freedom. I saw cows eating polystyrene and plastic and still say that they are happy.

Guru Gi from the Ashram is apparently trying to raise awareness regarding the cows. He has created an area where a few cows graze and are cared for. Yet when I spoke to the street cows, they could not imagine being restricted to an enclosed area. Sure, more nutritious food would be appreciated but not at the price of freedom. Every day I witnessed an Indian person bowing to and touching a cow. When I asked the cows what this meant to them, they said, “Everyone does what they do.” (No EGO in their lives.) I frequently saw a shop keeper feed the cows and occasionally the dogs.

Now don't get me wrong, there is a great need for Vets and a sterilizing campaign in the area. I would love to have the finances to organise such a campaign.

Every day I bought vegetables, fruit and cake as one gets no dog food to feed the animals. How very different from feeding my own cats at home. I came across a guy who only possessed the clothes on his back and offered him some cake. He indicated towards his tummy and said, "I have a fat tummy (which he didn't); they are hungry. Rather feed them." Well, again I say, "How lost are we?!"

On the day that I left, I sat on the banks of the Ganges; just reflecting and allowing the water to speak with me. Soon a dog arrived, introduced himself and we had a wonderful chat. I became rather mesmerized looking at the water and chatting with the dog, when I felt a sensation against my head ... warm and breathy. When I looked up, there was a cow licking at my head. I then knew what a cows lick was all about! ... but also how privileged I am.

Well, that was me ... ready to stay in India forever.

Next month I will write about my Yoga experience and share the information regarding the time ahead called the Aquarian Age.

Love and light
Debbie



