

2+0+1+9 = 1+2 = 3:

Note: this is not a prophetic text. Just an offering for reflection and focus through the next year based on the change of numbers.

*“The one thing we need more than hope is action.
Once we start to act hope is everywhere.
So instead of looking for hope look for action
Then only hope will come” Greta Thunberg 2018*

Another year goes, another year comes, little changes can have big consequences. The 8 (of 2018) becomes a 9 (in 2019). The last two digits (19) represent the gift of the year. The latent potential waiting to unfold. While the single digit (9) is known as the gift within the gift. Let's first focus on that 9.

9 is the highest digit (of the 9 numbers) and from it blessings can descend. By meditating on your higher consciousness treasures of virtues come into your life.

9 is the number of peace or war. The 9th Guru sacrificed his head and his life for peace amongst all people. This took immense resilience, incredible tolerance and intensely calm endurance which was built up over years of patient meditation.

In its dark, or karmic quality, the 9 brings frustration, impatience, tyranny. Intimidation, sabotage and a fragmented insanity.

The non-rational intelligence is subtle and has its own integrity. It must be given space and expression in our lives. When it is ignored it turns into an unhealthy madness which terrorises and takes over our lives and the world.

The paths to peace will not follow a rational and reasonable road. We must be prepared to give up ideologies, fixations, rigid beliefs, that we have held as sacred.

If there is not the descent of peace, like a scent diffusing itself into the atmosphere, then there is the fragmentation of mutuality and an increased focus on difference. And the idea of peace will be nothing but sand slipping through our fingers.

9 is an expansion which moves towards completion or dispersion. So be sure to ensure that what is over is truly over. In terms of completion try out a long string of terms like – ‘it's done, I'm finished with that, it is really over, I'm through with it, I've exhausted every aspect, there is nothing left there for me, I lay it down, I put it to rest, it is reduced to dust and falls to the ground, in the name of peace....’

2019 is a year to build your endurance and be tested. When you reach the limit but then keep up and go that little bit further, that is what builds the inner strength and perseverance.

As an offering to the world this year make your journeys pilgrimages of peace. Walk peace onto the earth and spread peace as you walk through the world. The joy of this year rests on the state of peace. First in our mind. Then letting it descend through the heart into the whole body, and finally into action. Remember how a thought becomes a feeling, then an emotion, which becomes a desire, and finally crystalizes into an impulse leading to action.

Given that the 9 is within 19, which gives us 10 then there is an all or nothing influence, a tendency to extremes. The qualities of the 9 become much more intensified. In other words, extreme patience is needed. !0 amplifies of eclipses whatever numbers it is associated with. When patience runs out then extreme insanity comes into to play. When tolerance is broken then madness rules.

Within yourself, and in the world around you, ask ‘is it a madman or a master piloting the ship?’

19 = 1+9 = 10. The circle of the 10 represents the circle of listening. Listening to the soul, the essence. Hearing the essential. Hearing the One in everyone. Listening to the 9 means to hear the

subtle guidance that comes from beyond our everyday world. Listening brings the illumination of the radiant body. When we do not listen deeply then the soul is eclipsed initiating a descent into hell.

2+0+1+9 = 12, 1+2 = 3: Number Three is the Positive Mind. For affirming true value. Equality is the virtue and action counts. You will be known by your deeds.

'Act to don't react' Yogi Bhajan reminds us. Are you part of the problem or part of the solution? Don't complain, do something about it. Take positive action. There is a part of us that want to be busy but it needs training to be a support for our authentic self. A busyness that serves to carry our spirit through the time and space and awake us to reality. We are here to play the game to go beyond the game. In this sense the game of victim is not an option. It is self-denying, self-belittling, self-deceiving, self-defeating and soul-destroying.

Saying yes: After identifying what we do not want, what we cannot do, what we are not available for. It is then important not to leave the vacuum. Nature will bring back the old ghosts you had hoped to exorcise. So be proactive in stating what you are available for, what you do want and what you can do. And make sure you do it.

Can do: There is too much focus in our socially pressured, socially educated and socially controlled world, on what we 'should', 'have to', 'must' do. The Positive mind is simply interested in what can be done and wants to get on with it. But this is far too often shouted down by the inner censor, police, parent, or other form of authoritarian voice, otherwise known as the 'super-ego'. Then we end up behaving, acting, to please what we imagine to be the opinions of others. Always imagining their judgement upon us.

I arise in the morning and tell myself – 'today I will do what I can'. In the evening I go to rest and say to myself – 'today, I did what I can'. It is based on the simple realisation that 'I am what I am and that is that'.

*I am, I exist, I have the right to exist
I am, I like that I am
I am, I am here, I'm happy to be here
I am, and I am ok*

From this basic affirmation of self you just take the action and do what you can. Then this will override the power of the inner judge that watches over you. Action counts. Action is a powerful message to the constructed identity made out of mistaken interpretations of your historical experience. Action speaks louder.

*I have found in me
What I am to be
That I already am
And I'll be what I am
Because only I can*

Act as if: We came on earth to represent the Creator. To embody the divine in our actions. The world is a stage upon which we play many games. Yet we do not always have consciousness of the games we play, why we play them and the consequences they lead to. In a path of consciousness you identify the sense of your best/highest self and then start to act as if it were already fully living. You dress as if you are that, you speak as if you are that, and you behave as if you are that. It is called 'making a mould for your soul' (Yogi Bhajan).

Enthusiasm: To go for your best self requires enthusiasm. Called 'tapa' in yogic terms. The ability to generate active interest in a worthwhile future. Sometimes we lack a sense of meaning or purpose and therefore fail to realise that the meaning of the life is your own becoming. What are you making of yourself through your life's experiences? Remember you won't have much experience if you do not act. Unjustified enthusiasm is a self-initiatory step forward into whatever is possible now.

What do you like: We all go through times of difficulty. And sometimes we do just have to be there for a while. Yet we can equally get stuck and forget how to self-initiate and move on. There are times when it makes sense to remember the things you like. The music that inspires you, the people that have touched you, the flowers and fragrances that you enjoy, the food and tastes that give you pleasure, the book, movies or stories that make you smile, places in the world that bring you peace and wonder.

Smiling: The benefits of smiling are something you can research for yourself. You will find that there is plenty of evidence to confirm that smiling is basically good for you and the world around you. You do not need something to smile at. Although the above section about 'what you like' might help. Simply smiling for no reason is an excellent exercise with multiple benefits.

We say it is your birth-right to be happy. However, that does not mean someone will bring it to you on a plate. Rather it is something that you must claim for yourself. A kind of self-permission.

Laughter: There is a smouldering state of happiness buried under the false show that we live and the false costumes that we wear. A hidden laugh tied up in a knot in our belly. Lucky is the person who learns to untie this knot and releases the natural laughter. It is light, easy and effortless.

The 3rd element: Fire is the 3rd of the 5 elements. A fire that destroys and purifies. A fire that warms and transforms. It is an active (raja) element. When action and its associated heat does not find effective expression then anger becomes the distorted manifestation. Anger is mismanagement of emotional states of pain and sorrow. Anger is a refusal to be happy or let others be happy. Anger is a substitute for effective action. Let the fire of your caring stir you to make a positive difference in the world. Whatever you notice is missing in your environment is because you are not bringing it there. Take action and you will find a world expanding and filled with Joy and warmth of heart.

Hope where there is no hope: The example of the 3rd Sikh Guru (Amardas) is an inspiration to never say no, to never give up, to aim for what seems impossible, even in the face of various serious obstacles. To employ the Positive Mind in assuming the best even in the worst scenario. Where anyone else would reasonably and justifiably abandon all hope, in the midst of darkness, where despair seemed the only outlook, Guru Amardas stayed on track and fulfilled his agreed task. For this reason he came to be known as the:

*shelter of those who realise earth is not their true home
power of those who realise the limit of their own power
hope of those who have given up hope in Maya,
honour of those who are without pride of ego,*

Giving help: Guru Amardas fulfilled that description by the very concrete action he took to wash the untouchable, bring them clothes and feed them by his own hand. He also encouraged women to see themselves as equal beings with equal rights and equal freedoms. Telling them that they no longer needed to hide away in various ways. Be proactive in offering help where you can.

Ask for help: When you have done all of what only you can do. And you can do no more. Then it is right and fair to ask for help. To call out for help from others as well as from your connection to the

infinite, divine, cosmos, universal consciousness otherwise referred to as God. Asking for help makes you visible to the world. It is not a failure or a weakness. It does not have to come from playing the victim. It becomes an offering, and example to others who need to ask and chance for others to be helpful. It expresses care for yourself and invites other to share their caring.

Demonstrate, don't declare: Be visible through action. 3 is the Positive Mind. It serves to affirm your self-value, self-worth and self-respect. Extraordinary moments and accomplishments occurred in our life which deserve to be given a voice. These moments serve to make you a brighter and lighter being. You do not have to hide your light. Nor does it need special declaration. Rather it is to be shared and demonstrated through positive action. Let others benefit from your positive contribution.

Build success into your life by helping others to find their path to success.

Count your blessing not your curses is the way to fuel the fire of bliss.

In the last pauri/stanza of the song of bliss (Anand Sahib) by Guru Amardas (3rd Guru) he declares the accomplishment.

*"The Supreme Paarbrahm God/Prabhu has been obtained/realised,
and all sorrows and grieving have been removed and forgotten. SGGS ang p992*

Rhythm: 3 is the first number where repetition and patterns becomes evident. It brings our attention to rhythm and routine in life. The quality of our habits; the habits we serve and the habits that serve us. Become observant of the multiple levels of rhythm within you and around you. Strive to intuitively harmonise your personal rhythm, environmental rhythm and the cosmic pulse.

3 domains: As 9 is also 3 x 3 then it is worth mentioning the 3 psyches, and the 3 truths. The chart that follows is a good basic start. Though it has many other levels that could be added.

Animal	Human	Angel/spirit
Individual consciousness	Community consciousness	Universal consciousness
Personal truth	Circumstantial truth	Universal truth
Personal psyche (within you)	Environmental psyche	Universal psyche

The Virtue is Equality: Last but not least we must bring our attention to the virtue associated to the positive mind, number 3 and the example of the 3rd Guru. Let's identify 3 ways to live the virtue of equality.

1. Ekongkar. The One extended into all creation. Kar is also action. Having all our action extend equally from the same impulse of the soul within us. To give each action, each word spoken, the same value. To know yourself as an extension of the One. To give yourself the same value, respect, and equal place in the world as you would give others. To put you equally in the picture. This is equivalent to the mantric affirmation – 'God and me, me and God, are One'.
This aspect of equality also implies that your measure of your self will not be higher or lower than anyone, neither the highest regal status nor the lowest beggar. Let yourself be seen and included. If you cannot take this space for yourself then how can you truthfully invite others to take their place.
2. Take all experiences, all possessions, all events, and treat them with equal value. Wealth or poverty, pain or pleasure, slander or praise, high or low status, to have or not to have, are all equally the same. Dry bread is equal to the juiciest of all delicacies. Find that which is equal in every case. No matter the form that life takes, the source is the same and all returns to the same source.

Equality reminds you not to attach to the form. Not to compare one form with another. Nor to compete for a better form because there is no such thing ultimately.

3. To treat all beings equally. With equal respect as you would wish for yourself. Not to be deceived by outer appearances. We are all made of the same clay, the same 5 elements. We walk on the ground of the same planet. We breathe the same Air. Our blood and bones are the same colour no matter the outer appearance. The wind blows, the sun shines and the rain falls on all equally regardless of physical, social or psychologically defined differences. We are all equally subject to the blows of death. The same One is worshipped and remembered in the holy places of all religions; even if the form and the names vary. The same light shines in every heart. Every manifestation is God saying 'I exist'.
The Positive Mind is given to affirm the One in all. And to put that into our everyday action. It is summarised in this sutra "If you can see God in all the you won't see God at all' (Yogi Bhajan)

The Aquarian Trinity: Given that the One God is often described in a threefold nature then it is a good opportunity to revisit the idea of God as 3 in 1.

- **The transcendent**, formless, nameless that was, is and shall be, in the beginning and end of all.
It is the One to *remember*. From where we came and to where we return.
- **All surrounding**, all permeating, all pervading, everything is the body of God.
This is how we *serve* the One; by serving the One in all.
- **Within yourself**. Deep in your inner being. The breather, the small voice inside you, 'me-within-me'.
It is through this physical body that we can *experience* the One and know our true identity.

The 4th and extraordinary understanding of equality is known by reference to the One Universal Creative Consciousness (also known as God) who is the active principle within all and the great equalizing force in all areas, facets and directions of life.

The realisation and embodiment of equality is the foundation for the Neutral Mind and open heart of unconditional love; but more of that with 2020 which adds up to 4. Meanwhile remember number 9 and be patient.

*The Divine Kingdom (of the One/God) is steady, stable and eternal.
There is no second or third status; all are equal there.
Bhagat Ravidas SGGGS p345*

A song for the 3-in-1: We end Kundalini Yoga classes with this beautiful song and prayer which cover the 3 psyches and the 3-in-1 ways to know God.

*May the long-time sun shine upon you
All love surround you
And the pure light within you
Guide you way on*