

I am going to keep this brief, and may upload more later.
It's something on the numerology of the year to come.

2012 gives $12 = 3$ and $2012 = 5$

First the 3:

Themes: equality respect, appreciation, action, etc.

The focus is on getting the right balance of self-care and self-appreciation.

The problems of it could be from the 2 in 12

Given the economical stress, this might mean depression, poverty, poverty consciousness.

It can also mean giving energy/power to victim mentality and anger.

And all this on a primal/survival level [because it is in axis 1/9]

The suggestion is to redefine the meaning of sorrow.

'Sadness is not badness' but what is your re-definition?

I propose the prosperity mantra : Har Har Har Har Gobinde ..etc...

For midnight of 31 December 2011 we will do a celestial communication with this mantra.

You can create your own celestial communication.

Some of you may wish to continue for at least 40 days after, and share it in your yoga classes.

2012 = 5 :

Themes: connections, equilibrium, reversals, paradox, sacrifice, change, exchange, etc.

It is a time when things may go in reverse. Not just time or space but also consciousness.

Moments of sudden inversion, when things become the opposite of what they were.

I am focusing on the self=regulation of the 5 emotional forces.

With this focus there shall be an impact on:

- your gunas and your action - 3

- your personality, projection, psyche, chakras - 7

and therefore also effect a re-balance of your 10 Spiritual Bodies.

So here is a theme for the whole year :

Call on the courage to practice all that you have learnt.

With that courage stand straight before the mirror.

Learn to appreciate all that you find reflected there.

Let it bring transparency and a new balance [equilibrium].

And May your light be known in the world.

This quote from Yogi Bhajan came through just in time:

"What should I do?" You already know what you should do.

Don't ask that. That is your weakest moment,

because in your psyche you are allowing penetration.

You are leaving enemies a way to get in.

You are making a crack. © The Teachings of Yogi Bhajan, July 11, 1984

Love and blessings to all

Shiv charan singh

Dec 2011