



Time to Train the Positive Mind

By Shiv Charan Singh

We mark the change of the year by the introduction of the number 10 and in combination with the century we find $2+0+1+0 = 3$.

Key themes of 3: action, manifestation, positive mind, affirmation, heat, fire of joy or anger, resourceful, hope when there is no hope, smile when there no reason, equality or victim, success, respect and right value.

The background presence of number 10 means that all these themes can be experienced in their extremes. The 10 will illuminate the best and the worst of these themes over the year. The presence of the 2 (from 2000) will also work to bring out the duality and challenge us to find the creative polarity. It is a great year to distinguish and clarify the No and the Yes in our life on a daily basis. By doing this we will be well placed to train the Positive Mind to serve the Neutral rather than the Negative Mind.

For example 3 is the planet Jupiter. The planet of joy and expansion. Of course it is also the encounter with the blocks we meet when we try to expand. Or it can be the tendency to over expand, which leads us to fall over ourselves. Either way there is a sense in which the most hidden truths will be brought to the surface and made visible. Spontaneous combustion is a phenomenon that can refer to mad outbursts of riots and war. Or it can refer to unpredictable releases of old patterns of behaviour based on inequality. Leading to sudden moments of recognition of everyone as being just like ourselves. But that will require the will to listen to each other in a big way.

It is not so easy as saying that the total number of $2010 = 3$ therefore the year will be lucky, positive, year of action and joy. There is a journey to make to reach to the best of number 3 and it is not an easy one.

Yogi Bhajan referred to that journey as **Obey, Serve, Love, Excel.**

To obey is like following the call of the river to reach the ocean. Even when the power of the flow gets deeper and wider and is not so easy to stay with. To serve is to hold to our commitment no matter what circumstances we cross. No matter how strong the storm of fear or how great the doubt. To love is to let the heart go through

the pain of stretching wider to reach the discovery that there is nothing the Light of God within cannot hold and deal with. To Excel is to let that Light shine through into every single act you do.

This process trains us on a cellular level to disinvest in self-deception, or in the let down of self. It will also serve the cellular training for success. It means that emotions are neither repressed nor naively expressed. Rather they are held and directed into effective action.

The journey to the 3 is also described in the Karam Kriya saying "Chaos Spontaneously Initiates Order." To find the true and natural order requires that we hold the power of the chaos in a state of prayer. Otherwise we would have the reverse effect; "Order Initiates Spontaneous Chaos".

So it may not be a year for being in control but it is a year to take intuitively guided and intelligent action. This means to ask for help. To remember, and lean on, the Greater Unit of Self, as represented by the number 10. The 10 is what always keeps us company, even when alone. Listening to the Greater Unit of Self shall provide the impulse for excellence.