

The Guru's Guidance; Month by Month

The monthly cycle represents a step by step passage through the year of our unfolding potential into expression, which means form and manifestation; both in action and adjustments of understanding and mental projection.

Our broader social routines and social relations also tend to take shape around the rhythm of months. This is the arena of our karma and the challenge or opportunity to transform it into dharma.

Each month is marked by a number. Each number is the natural essence that focalises the vibration of the corresponding Spiritual Body. Each of the Spiritual Bodies are intimately associated to the 11 Guru's of Sikh Dharma. And each of the Gurus are represented by the progressive sound current in the Mul Mantra So reflecting on the numbers, the 10 Spiritual Bodies, the Gurus and the Mul Mantra we will have a powerful guide and inspiration that will serve us to readjust our journey as we move from seed to harvest and then to the final enjoyment at the end of the year.

A year is microcosm of a full life. So it can be said that each full life also has its seasons and natural stages of growth to bring forth the fruits of our labour and investment. Therefore how we live through the year becomes a micro-expression of how we are living our whole life. Each year that we pass through this cycle of 12 months gives us another chance to improve the depth and quality of our overall life. May we each, with personal effort of applied consciousness, along with God's Grace, complete our karmas and prepare for a graceful exit; from this world of time and space and the cycle of reincarnation.

January - Number 1 - Guru Naanak - the Soul

*The **dharma** of 1 is humility, self-initiation, focus.*

*The **karma** of 1 is humiliation, isolation, loneliness, lack of will.*

Nobody humiliates us. It is our refusal to be small, to acknowledge our minuteness in the midst of the vastness, which leaves us exposed to forces that are designed to give us the sense of belittlement.

Likewise it is our own misunderstanding of the feeling of being alone that puts us into the state of isolation. Even though we have each our own uniqueness there is no one alone.

Great journeys and great events start from humble beginnings. Just the willingness to begin can be enough. Take one step and many things come to meet you on the way. It is for this that our individuality is needed in order to be able to self-initiate.

January is a month for setting the seeds of the year to come, gathering the will to achieve and from there initiating new resolutions. This may happen through the winter's rest and inner rejuvenation, and/or also through focused intention of mind and thought towards your goals for the year.

The whole tree is contained in the seed. Our thoughts, words and actions during January are also like seed containing all that is to unfold over the year.

In the same way the Mul Mantra, spoken by Guru Naanak, contains the whole of the Sri Guru Granth Sahib, as well as the vibration of each of the Gurus that followed in the line of Naanak. The first expression (EK) of the Mul Mantra is the seed of the seed and all unfolds from there.

Ek is the number 1. It speaks of the unity of, and the solidarity between, all souls. It is the month to salute the soul in yourself and, from there, to salute the soul in all.

Guru Naanak was the Starting point of the path, way of life, of the Sikhs. A path based on the unity, and intimacy, of the creation and the Creator. He returned things back to the simple perspective and elementary virtues. Honesty in action, service to the God in all and remembrance of the Creator. It was his habit to go on long walks to meet people from all paths and corners of the world and to share the simple truths with them.

Spiritual suggestions for the month:

- Short Kriyas for stimulating and awakening the Kundalini.
- Meditations for setting intention and projection.
- Any training in the ability to focus.
- Recitation and reflection on the Mul Mantra.
- Read the whole of Japji by Guru Naanak, study also the meaning.
- Morning call (Adi Shakti, ashtanga, mantra): Ek Ong Kar Sat Naam Sri Wha Heguru
- Taking long walks to walk your destiny down into the material plane.

February – Number 2 – Guru Angad – The Negative Mind

*The **dharma** of 2 is innocence, loyalty and obedience. And the realisation that all longing is ultimately for the Infinite. The separation becomes known as simply the nature of the relation, and distance becomes an awakener of immortal yearning.*

*The **karma** of 2 is naivety and the desperation and suffering that exists in the tension between separation and attachment.*

February is the month in which you are pulled away from mere intention, resolution, and are challenged to be in the process. To give it life. It is the month of extending out. It is the first limb of the year – this is the meaning of the name of Guru Angad. The first limb of the seed is the roots. February is the month to nourish the roots. Though there are no outward signs of growth still the roots are moving and there is a thirst for the waters of life to give passion to the intentions set in January.

It is a good time to do some cleaning out (spring cleaning in the Northern hemisphere); clearing out old stuff in you and around you. Maybe in the house, or the office, but more especially in the body. A cleansing fast allows you to get in touch with what your soul really needs.

The second Spiritual Body is the Negative Mind. It is a very cellular and sub-conscious part of yourself, containing memories of unfinished stories and unpleasant experiences of the past. The influence of the Negative Mind, and what rises out of it's depth, is such that you may find yourself wishing that February just did not exist, or that it would pass very quickly. Yet it is a time to sit and soak up some wisdom into oneself, to displace the naïve wisdom based on confused interpretations of your experience.

Reading scripture would be a great pastime for the still cold and wet nights of February. It means that you do not let go of your end of the thread.

Guru Angad was the First limb, or extension, of Naanak. Even though the roots move away from the seed and deeper into darkness still they do not separate from the source. In fact they carry the original essence within, like a memory that intends to expand and reproduce itself in a greater domain.

It is a time to just let the time take care of itself. Humming is the bridge that covers the gap of the time so the time does not become an empty black hole that you spiral down into.

Guru Angad celebrated the suffering of longing. He described how the longing, of which many complain, is actually the spiritual wealth because through it we come to know the divine. For this we must find the strength in the longing and the brightness that exists in the depth of emptiness.

Spiritual suggestions for the month:

- Reading from books of wisdom; be thirsty for wisdom.
- Good mantra for the month, which expresses the non-separation of the separation, is Ang Sang Wahe Guru: Every part of me, every fibre, every limb, is in the original state of ecstasy and intimacy with the inner core and light of original being. It is a state known as non-separative extension.
- Chant and reflect on ONG SOHUNG. I am that which I long for.
- Buy some plants for yourself, a relative or a friend.

March: Number 3 – Guru Amardas – Positive Mind

*The **Dharma** of number 3 is equality, to lift yourself out of the black hole of self-attack in any form by a simple statement; like 'I have the right to exist', 'I have the right to be happy', 'the bottom line is- I am and I am ok', and so on.*

*The **Karma** of number 3 is comparing yourself with others, low self-esteem, self-judgement, self-shaming in various ways.*

The Positive Mind needs to be trained so that it does not default into working for the subconscious patterns. Whatever is your best affirmative statement you can make about yourself it is the Positive mind that will agree to it and reinforce it. The best affirmative training is action, and even the smallest deed can have great consequences. So, at this stage of the journey through the year focus on what you 'can' do rather than what you believe you cannot. By doing what you can, and telling yourself at the end of the day 'today I did what I could', you build in you the memory program of achievement and success. In addition you are confirming to the world that you exist, you have made yourself visible.

Guru Amardas gave the example of equality by taking care of the untouchables, the hopeless and the homeless, and telling them that they too were included in God. He also invited those of higher social status to come and sit down together and share food with the common man. Equality is the foundation upon which humanity flourishes.

Letting the opinions of others, or our imagination about their opinions, control our lives is like letting phantoms inhabit your psyche. Other people's opinions are like parasites and they can only survive in you if you give them value. So when you feel the eyes of the world upon you it is time to give the world a smile that says 'if you have a problem with me, then go and tell my Creator'. In addition if you will place yourself under the protective gaze of your creator, then you will not concern yourself with the look of others. Har is one of the many names of God, and it means green,

the warmth of the 3rd element fire, which brings forward the creativity of nature; the first signs of spring. Let your actions this month be gentle like the colour of spring green yet powerful enough to break open the winter's cocoon and announce itself to all the Universe. Just as Guru Amardas told the women that there was no need to hide behind their veil; rather it is time to step forward and to put yourself in the picture of the world.

Spiritual suggestions for the month:

- Every day focus on the action; doing what you can.
- Chanting Har as you walk.
- Proactive movement of navel.
- Have some fun.

April: Number 4 – Guru Ramdas – Neutral Mind

*The **Karma** of number 4 is doubt, confusion, hesitation, paralysis and closing of the heart.*

*The **Dharma** of number 4 is inner awareness, trust, conscious choice, commitment, love and service.*

We take things to heart. This is not a problem, its human. The question is not what we do with all the things we take to heart, but what to do with the state that our heart ends up in? Confusion and paralysis is not a state to remain in for the whole life. What is the alternative?

The heavy heart is not to be denied, avoided or repressed. It is a blessing awaiting transformation. Hesitation can be used as an opportunity to pause for breath, to pray, to be with your inner self, which is the source of inner strength.

Confusion is a chance to let go of control and to choose trust. Paralysis is a small step away from crystallization of the diamond.

It is the truth of self that we feel each other's pains and joys. It is the truth of the human heart to know the other's experience from within ourselves. The heart even needs this to cultivate its latent potential. All these experiences are so that we can develop a big heart and a strong heart.

Commitment to Humanity is a commitment to be human. And with this commitment we turn to prayers, to the breath, to service and to poetry. In this way we turn painful moments and memories into possibilities and opportunities. We make music out of life's difficulties.

April is a month to take a reality check. As we have set up a program, or plan of action, and the year feels like it is in full swing, the tendency is to continue the outward expansion. However the soul calls you to stop and be sure you are not going it alone, and that you are not losing touch with the essence and original purpose.

This is the first of several moments through the year to pause and touch base. A moment to be sure and clear of your commitments. A time to focus and call on your soul, which is the essence and essential to help you keep up. Tests will be ahead, good company, and prayers are needed. It helps reminds you to love your self. Only after the prayer can we say 'the rest is up to you my Lord'. When your soul stands in the core of your commitment it is going to support you to keep up. In nature this is the inner contraction of the bud which sets the nucleus, or seed, of all that is to come.

Guru Ramdas laid the foundation for community consciousness (sangat).

The soul is like a bird and will more easily migrate through the time and space when flying with other birds. Tests will be ahead, good company, and prayers are needed. It helps reminds you to love your self and trust in God.

Dwelling in sangat is dwelling in God; and seva (service to others) is a living prayer.

Then, after the prayer, we can say 'the rest is in the hands of the divine'.

Guru Ramdas was a lover of humanity and this is expressed in his life of service and in his poetry. His mantra was Sat Naam, breath by breath tuning in to the inner truth and sowing seeds of the True Identity. The Sarovar (nectar tank) of Guru Ramdas is the space of the heart where we find the We-in-me, the shared sense of humanity. Reflecting on Guru Ramdas and the heart in the month of April makes it a time to pray for all: "In this terrifying world ocean of poison people are drowning, please lift them and save them." Guru Ramdas, SGGGS p 40

Spiritual suggestions for the month

- Pray.
- Donate to charity, and other acts of service
- Be in good company
- Relax into your heart (trust the God within) as you exhale

May: Number 5 – Guru Arjun – Physical Body - The Fruit of Life:

*The **Dharma** of number 5 is balance, sacred sacrifice, transformative exchange, intuitive communication and paradox.*

*The **Karma** of number 5 is imbalance, false martyrdom, gaps in communication, contradictions and self-exile.*

May brings fruit. It is a month to use the sensory being to express the balance between change and

continuity. Passing through the tests of time and space intuitively sensing the inter-relation between the moment and the place. Consciously tuning in to the lessons being learnt through the 5 senses and associated elements that give this body and all its experience.

The physical body is the Temple of the Divine. It asks for harmony and balance in all areas of the practical life. It offers itself for the accomplishment of excellence.

The infra-structure of this body temple is nerves of steel, its vastness is the sensitivity of a multi-dimensional network of consciousness.

The mantric expression is Karta Purkh: Active creativity while maintaining intimacy with the inner stillness of being. A communicative harmony between daily life on earth and the cosmos, between action and the natural source of self.

Guru Arjun's life and sacrifice is a message of honouring the word.

He gave his life to ensure that the poetry of the mystics would survive to reach us today and not burnt in the flames of anger, greed and pride. It is a poetry known as Shabd Guru - a language that renews, a well that never runs dry,

The word we speak may be the final fruit of long contemplation, but it also contains the seeds of futures unknown.

Spiritual suggestions for the month:

- As this body will die but your words will live on. Choose carefully your speech to others.
- Find a poem that really inspires you and speaks to your heart and share it with others.
- invite people to your house for a meal; serving a dish that contains love, truth and Naam.

June: Number 6 – Guru HarGobind – Arc-Line

*The **Dharma** of number 6 includes clarity, sharp awareness, fighting for a true cause, sense of natural injustice, flourishing and intuitively choosing the moment for letting out the battle cry.*

*The **Karma** of number 6 includes fear, insecurity, picking a fight for nothing, personally identifying with injustices, dark and heavy silence, too many secrets, or screaming and speaking too much.*

The life of Guru HarGobind, the number 6 and a vibrantly clear arc-line, are there to inspire and remind us, in the month of June, not to mistake hesitation for moments of meditation, and do not mistake moments of meditation for hesitation.

6 is the number of the open flower in full bloom. There are flowers which open in winter and others that open in summer.

June gives us the longest or shortest day of the year (depending on the hemisphere). Therefore it is a peak and a turning point. We can go no further in the direction we were and now we must make

an arc to turn the wheel of life back upon itself.

In the extremeness of sunlight and heat, or cold and darkness, we are wise to take cover.

Taking cover due to fear is karmic and reactive. Taking cover through intuitive common sense is Dharma in action. Intuition, given by the Arc-line, is there to cover you, and keep you ahead of the time.

When we lack a sense of our own presence then we fill the space with excess of false decorations. When our arc-line is in flourishing and vibrant it becomes our decoration and our effectiveness – a presence that speaks.

Though the arc-line, and 6, are partly about protective cover, they are also about expressiveness. When we have a sense of grace in our lives then we need not hesitate to step out and be exposed to the elements. The grace is that we can have faith in the protective cover of our intuitively informed consciousness.

This is a good month to give breath to all you do, like the breath that gives life to the puppet. Expand the lungs, sing out loud, and dance from the core to your extremities. The other (inner) hemisphere of that is to breathe so silently that it gives you a loud and impacting presence. As the arc-line has two hemispheres then each needs the balance of the other. So in June we present our presence in the present and fully enter the world, yet keeping secret moments in which to return within, become silent and let the clarity reveal itself.

The Phase of the Mul Mantra is Nirbhau - without fear. God is known as the fearless one, and fearing only the fearless one we will have fear of no other. The arc-line is to tune us in to the inevitable unfolding of the next moment. In this way fear is of no use as it is replaced by awareness. Guru HarGobind was imprisoned unjustly, but the inwardness of this retreat awoke in him the grace that led to the release of many other falsely imprisoned people. He wore two swords to remember and serve the two hemispheres of material and spiritual justice. And he also got built the Akaal Takht as a throne of the infinite on Earth. The Golden Temple is the other polarity which serves to bring us up from the pit of maya.

Spiritual suggestions for the month:

- Take many moments to just be with your breath.
- Breathe your fear. Turn it into a wind behind your sails.
- Make music and song of your pain
- Meditate on natural justice before getting into any fight (fight 'for' – not 'against').
- Keep the phrase 'there's no injustice, all just is'.
- Meditate to develop your intuition.

July: Number 7 – Guru Har Rai – Aura

*The **Dharma** of 7 is that you can forgive.*

*The **Karma** of number 7 is all the ways you hold on to the past.*

How do we hold to the past - pride, shame, anger, guilt, resentment, bitterness, souvenirs, searching for answers, analysing, explaining, justifying, excusing, and so on....

Forgiveness is one of those easy words to say, yet something our mind really struggles with. To reach Right Understanding you can ask yourself a particular set of questions, in this order:

Are you prepared to be understanding? Otherwise you will never understand.

Do you realize that the terrible events of the past are already past?

Do you want to be at peace? Or do you prefer agitation without any end in sight.

When will you stop being afraid? Be grateful for the wounds that have called you awake or your fear will reproduce the past.

How long and deeply do you want to suffer? Most animosity comes from misunderstanding.

Cleanse yourself of misunderstanding. This is called healing the past.

One result of forgiveness is that you will be less possessive and less territorial. You see the big picture; your perception is vast. You will recognize your self in the soul of others and permit that there is room for all beings - in your psyche and in the world.

July: You're still busy, living in the fast lane, seeking your success. Business has been full on and some friends and family forgotten. You may not realize it but you are probably running on empty. It is time to plan and take your break. Holiday is time to bring back the leisure and the fun.

By the time of July you have just past the middle of the year. From now on there is more of the year behind you than in front of you. This is the month to look back and assess your position so far.

What you set out to achieve this year, what remains to be done, and to redraw the plans for the rest of the year. Remembering that what is done is done and that there is no value in regret, remorse or revenge. Only effective approach is to learn and implement the lessons of the past.

Analytical self-evaluation needs to be done without any given set of prejudices or suspicion. Then an accurate, honest, measure of self will result in a projection which matches your capacity. This means that your aura expresses and effectively supports your vision.

Guru Har Rai became the embodiment of forgiveness. He had every reason to seek compensation through revenge. Yet he, not only chose to forgive, but even, extended blessings towards the aggressor. He provided the medicine to cure the son of the oppressive tyrant. To have the consciousness of Guru Har Rai is to not see the block but to see the way through the block. The mantra that Guru Nanak gave for this phase of development, and which helps to have the

vision of the way, is Nirvair. It means no enemy and, more fully, no complication from the past. Progress into the state beyond time and space can only happen when we are free of fear of the future and finished holding to the past.

Spiritual suggestions for the month:

- It is a time to deeply understand. So reflect and follow through on the lines of thinking as described for this month.
- Assume nothing, prejudice nothing, and ask questions designed to better your understanding of others around you. Questions that will help you to better appreciate and respect the other.
- Have one day a week that really is your day. A holy day. A day to forgive, be kind, to yourself and then to others. A day of no questions, no answers. A day to just be the witness to the world just as it is. A day for zooming out.

August: Number 8 – Guru HarKrishan – Pranic Body

*The **Dharma** of number 8 is purity, compassion, power to empower, being a channel for healing, connection through depth of being.*

*The **Karma** of number 8 is obsessions with cleanliness, abuse of authority, getting out of your depth, or avoiding your true strength.*

It is a question of Burn out or time out – How to be a medicinal drop in the ocean of life.

The Pranic Body is the link between our finite existence and the Infinity.

It is the flow of the prana (life-force) through a web of channels known as nadis.

When we are so busy with the content and details of our life then we forget to give awareness to the flow and the process.

A river needs to keep moving. In the same way there is an instinctive need in us to keep the flow going.

Now what does it mean to go with the flow. It means to go with your own flow.

To be in the flow of your own vital life-force (not to naively go along with the flow of others).

Normally processes go on under the surface. But there are times when the depth needs to come to the surface. And there are times when we need to go to the depth.

The twist of the 8 suggests the tendency towards one polarity or another.

August is a holiday in many parts of the world, but is it healing.

Do you find your self surfing and sailing along, or swimming but going nowhere, or even sinking

down into whirlpools of emotional black holes.

Seasonally it can be very wet (monsoon) or very dry (heatwaves). In both cases the issue is with the life-giving element of water. It is a month for knowing your vital and organic nature and adapting to maintain your water balance.

Energy takes many forms. Some of the most significant are Power, Money, Sex and Food. In each of these we can have 'too much, too little or the wrong kind' (Yogi Bhajan). These are in continuous flux and August is one of the months of the year when they need to be kept in good measure and quality. This requires conscious execution of the discerning intelligence known as Budhhi mind (the awakened and upgraded version of instinct)

Like using your well earned money wisely or wasting it on a holiday that creates more stress than it relieves.

Honouring and tapping into infinity is the past time for this month.

Sipping the air, not only sipping cool drinks.

When life is too deep, learn how to float on the surface.

When life seems too dry then breath, meditate and dive deep into the ocean of prana.

The mantra of the 8th stage of the Earth's cycle around the sun is Akaal Murt: the undying, timeless, representation. Imagine being the threshold between life and death, between infinity and finite existence, between awake and dreaming, between form and formless, between the manifest and the non-manifest, between full and empty. Who are you then, what is your form, your identity. This is Akaal Murt.

When we cleanse the mind of all fears about tomorrow and all stories of the past then we naturally arrive on the threshold of the timeless state.

There is simple example of the pure compassion that is born out of the innocence that comes naturally to a child. Guru HarKrishan was just such a child when he heard the news of a plague that was taking many lives in Delhi. He immediately requested to go there and upon his arrival insisted that he drink the water from one of the cities wells, knowing that it was impure and contained the spreading virus. He inevitably became sick and passed away within a few days. To the surprise of all soon after Guru HarKrishan passed away then all the people in Delhi started to heal and the water was found to be drinkable again.

It is important to note that the healing he offered was not exclusive to his own family or disciples, but rather inclusive of all regardless of differences of religion, caste and so on.

With his mind clear and clean there was no doubt or hesitation. Just an immediate empathy and readiness to be the channel for change.

This story may also remind us of Bhai Ghanaiya Singh who was found on the battle field giving

water to the suffering and dying enemy. He did not see the enemy rather he just saw the need and he fulfilled it.

It is a month to be the change you want to see in the world and remember others struggles and sorrows while you take time out of your busy life. To tune in around you and see the needs of others. To be a medicinal drop in the ocean of life.

Spiritual suggestions for the month:

- Meditate on time; it's flow, it's depth, it's immediacy.
- Chanting Ashtanga mantras (mantras with 8 parts to them).
- Breathing in 8 steps, breathing out 8 steps.
- Be compassionate to yourself, then to others.
- Contribute to healing the gap between the soul and the supreme soul.
- Clean your house, your body, your mind.

September: Number 9 – Guru Tegbahadar – Subtle Body

*The **Dharma** of number 9: Calm, Persistent, Patient, Tolerance, Enduring, Peaceful, Subtle and refined.*

*The **Karma** of number 9: Impatience, Perfectionism, Tyranny, Disgust, Pressure, bluntness.*

Walk in the realm of the subtle; it has gifts for you.

9 is beyond the infinity of the 8. It is the other shore beyond the ocean of time and space. Everything in life has another side to it. September is a month to tune in to the other side. The other side of things and life may also reveal itself without invitation. Like after a long winter the spring reveals itself, or after a long summer the leaves start falling. What was falling starts to rise, what was rising starts to fall. The end becomes a new beginning. Sometimes the last thing you feel like doing is the best direction you need to take. And if you will go in that direction it will build in you the rare quality of spiritual perseverance. Remember it is what we become through the journey, not where we end up. The diamond we are to be, that we are making within ourselves, must pass through the stages of discomfort.

The Subtle Body and peace: Peace is subtle. It is not concrete or material. To materialize peace requires the most intense silence of the mind and receptivity of the heart. Peace awaits us to call it

down. Through an atmosphere based on the common ground of all beings. Valuing tolerance more than perceptions of right and wrong, good or bad. Whatever our differences are the same spirit that flows in the same red blood in us all.

Guru Naanak's reference to the 9th Guru came in the mantra of 'Ajooni'; unborn, or beyond the womb. The Subtle Body never takes birth. It is the home from where we (the soul) came and to where we return. It is the soul's resting place and the spiritual ground which makes possible an unshakeable calmness within.

It is said 'meditate on Guru Tegh Bahadur and the 9 treasures shall come into your home'. The 9 gifts of insight, the revelation of the universal principles, which give the capacity to live by the virtues.

So lets meditate on Guru Tegh Bahadur by reflecting on his final moments of life. His name means 'Great Wielder of Sword' yet also the enduring patience to tolerate the worst act of oppression before finally taking the sword in hand (which is what his son, Guru Gobind Singh was compelled to do). The last noble act of the 9th Guru was indeed to maintain this restraint, and instead of wielding the sword of metal he stood firm by the sword of his faith. Consider the highest level of altruism that moved him to give his head for the freedom of all beings to practice their faith in their own way. His message was not to live in fear of others, and not to live such a way that others should fear you. His example showed how, when faith is true and absolute, then nothing can take it away or destroy it. No amount of persecution or suffering or bribery or seduction can separate, or distract, one who is in love with the One Supreme Formless Being; the Unit Totality of All.

Spiritual suggestions for the month:

- To help you remember and be open to communication from the other side. Take a guiding line, a sutra, a universal spiritual principle, like a motto, and let all your thoughts, words and actions be governed by that for the month.
- Take a few moments to imagine yourself as an ancient hermit sitting still as a rock in a cave where you have confronted and cleansed all your personal and family ghosts, phantoms and demons. And from that state you are able to radiate peace into your world, like a sweet fragrance that no-one can resist.
- Invite peace into the centre of your being. And from there spread it around you.
- As one seed produces many. And as we keep a few seeds for growing more next year. This is a time to collect some harvest of your year. Generate some crystallised memory of the essence of your year so far.
- Any small and simple altruistic act where you take a stand for others rather than your self.
- Walk slowly and calmly in your environments. Start with small step – no rush.

October: Number 10 – Guru Gobind Singh – Radiant Body

*The **dharma** of number 10 is courage, wholeness, deep listening to the 'All Is' and radiance.*

*The **karma** of number 10 is to be feeble and pale, to fade away, to be overwhelmed.*

Leap through the ring of zero to be the radiant self.

The zero in the number 10 brings illumination of, or an eclipse to, our natural and original state, which is consciousness.

October contains the equinox and is a twilight month. A special light can be seen at dusk or dawn. It is a time when seasons change and thresholds are crossed. This threshold light is a glimpse (preview) of the ultimate light. At this moment of stillness there the pure sense of transition between states and realms. What was shall not be and what was not shall now be.

10 – The sum totality of all; all light, all bright. It is not the light polarised by darkness. Rather an all-encompassing brilliance from which arises the play of all; light and dark, life and death, male and female. And it on the threshold between these that the absolute light shines without interference; as if through a crack in the veil of Maya. With this light neither winter is too cold nor summer too hot.

Absence of the light of life is not necessarily darkness. Rather it is a ghostly existence; as if always about to disappear. Lacking a nucleus from which to shine out. Therefore the significance of the courage to identify one's self; 'I am the light' or 'I am a being of light'. 'I come from the light and to the light I return'.

The radiant body is our ultimate identity. Body, Mind and Soul are simply here to serve us till we reach the state of permanent dynamic emanations of our light body. It is a dynamic state in which light constantly flows out from its indescribable centre and spread out in all directions without limit. This centre is in the centre of every existing being but remains dormant till activate by appropriate actions, words and thoughts.

The 10th Guru is Guru Gobind Singh. A radiant being with a fully conscious sovereign identity that knows, and is in command of it's own domain.

The vibration of Guru Gobind Singh is 'Saibang'; A self-sustaining and self-illuminating being of light. In which all impurities are burnt away.

He knew himself as the zero and God's will was the 1 at his side; in the form of the sword of dharma, truth, justice and discernment.

In his commitment to defend others from oppression he lost many great Sikhs (disciples of truth)

along with his 4 children and their mother.

His whole life was an expression of how one must give up everything and become zero to know, and to serve, the true self. And in his poetry we can sense how, with every breath, he continuously leaped through the ring of zero/shuniya and renewed himself in the light beyond.

Spiritual suggestions for the month:

- Reflect over and over on the paradox of exiting in the non-existence.
- Make this dedication – ‘The light I keep within, guarded in my heart. I release it's radiance from its confined space and, letting it shine out, I fully entrust myself to its loving care.
- Remember there is always another level, another dimension. There is always something else beyond your current perception.
- Maintain a sense of the totality beyond normal comprehension and keep listening for the ever new.
- Cultivate (practice) the ultimate state. The state of wonder, awe, stupor, amazement.
- The point of life is to be a point of light. The purpose of life is to serve the awakening to love, light and wonder in all beings.

November: Number 11 – Sri Guru Granth Sahib – I am the Light of the Soul

*The **Dharma** of number 11 is $10 + 1 = 11$. To exist in and through the grace of the non-existence. It is the highest expression of instinctive and innate spiritual wisdom.*

*The **Karma** of number 11 is $1 + 1 = 2$. It is to be the duality. To be ever critical. To exist through denial of existence. It is the extreme expression of spiritual naivety.*

11 is $10 + 1$. The courage to be humble and the humility to be courageous.

Returning to rest in self. Listening to your existence you are never alone. There is always the listener and the sound of one's self. You are in good company.

Every journey is a circle. The year comes closer to the end, the journey takes you back to the start. The pilgrimage of the year is over. And bears its fruits. Like a prophecy fulfilled. It is time to share the harvest, (thanks giving).

The 1 has created the illusion of the small individual self to provide the possibility of an actual self. a unit of consciousness that can consciously relate to the totality of consciousness. This is 11. So 11 is the mirror effect of the universal spirit. It is consciousness being conscious of itself.

10 is the totality but it is also the ultimate zero; a gateway through which all temporary existence originated and so also returns to the never ending formless and nameless background. To know the zero is to know the essence of your 1. Knowing your 1 you will know the 10.

10 is sum of the parts. As 1 you are part of the Sum.

1 is the small which contains all (10).

The whole self is replicated in the ears, eyes, hands and feet. Down to every cell and particle.

Being 1 can seem very lonely but there is nothing more alone and singular than the 1 unit sum of totality. So being 1 is one of the ways to get to know the absolute 1 through the micro-version of 1. When we refer to, speak of, or otherwise remember, the true and immeasurable vast 1, the sum of all that was before, is during and continues after all manifestation, then we live. Our own small 1 is actually brought into focus.

Gurprasaad:

11 is an expression of the individualised soul having passed through the zero state and now living the mutual and parallel state of relation in mutuality. As if to say 'Oh God, this light that I and others have called myself is in fact all yours.' Gurprasaad means to discover the light that was always the case, and to discover it within oneself. Like a hidden light that was always there in the dark. It was the Self that was illuminating the search for the self.

Gurprasaad also reminds us that we do not reach the realisation of truth only by our own efforts. There has been a guiding stimulus in our life which has been turning the wheels of the cosmos. As the 1 beside the 0 is the master's stick that prods, pokes and taps upon our small life, steering us towards our final destiny.

In the Sikh tradition the 11th Guru is the scripture known as the Sri Guru Granth Sahib. It constantly echoes the inner truth in us and guides us back to our original nature. Its words provide the road map and serve to clear the fog of confusion and ignorance. Each page a mirror to another facet of our infinite constitution.

Spiritual suggestions for the month:

- reflect on the significance of this statement: God and me, me and God, are one.
- Return to the simple. To the basic facts, which are not many. 'I am, You are, We are, We are 1'.
- The theme is alignment with the 1. It is our original condition.
- A mantra: Ek Ongkar Satgur Prasaad, Satgur Prasaad Ek Ongkar
- Apply yourself to experience solidarity, common solitude, the feeling of being shoulder to shoulder, with all humanity.

December: Number 12 – Waves of longing joyfully returning to the Great 1.

*The **Dharma** of 12 is to remember and practice all that you know. The courage of non-existence that makes all existence possible. In non-existence you are a mirror to all. There is never a reason not to be happy.*

*The **Karma** of 12 is anger as an attempt to control the sorrow. Playing around to avoid the reality. Losing the time. Lost in false reflection of self.*

The 0 of the 10, in karmic expression, will either magnify the separation, negation or attachment (2) to unbearable intensity, or eclipse it and block access to its moving power.

As a dharma the 0 will amplify the innocence and eclipse the suffering of duality and direct its passion towards compassion.

10 + 2. The longing (2) merges into its own light source (10), and reflects that light in others.

2 just negates or attaches without clear discernment. 12 negates all attachments to the conditioned worlds to affirm the One.

12 is to have realized that absolutely everything is a mirror. And then to go into shuniya/zero where there is nothing to be reflected back to you. Which means you become a pure mirror to all. And the greatest and purest thing to reflect to others is their innocence.

December is the time to take a resume, a summary, to recap and run through the whole year and know what the final outcome is. When we have applied our intelligence with consciousness there will be the instinctive joy of fulfilment.

Depending on the hemisphere December contains the day with the longest or shortest period of dark or light. It is the extreme polarity from where there begins the return to the middle ground of equilibrium. Like extreme denial actually confirms the thing denied.

To know the 12 is to know that we all on the same journey, to know that we all share the same needs and have the same longing. To know that the roots of our karmic actions are born from innocence. All is directed by the One. There is no-one to blame and there is no personal credit to claim. From this realisation we will be naturally available to walk with others and to take them along with us. In fact it would then be our nature to light up the way for others.

1 + 2 = 3. This is action and equality. 2 within 12 implies distance. Guru Naanak reminds us that by our actions we are near or far from the state of conscious reality. While Guru Arjun reminds us to be equally happy if God's will keeps us near or far from that state of intimacy.

The 12 stage of the Mul Mantra is JAP: Ja is Go, with heart, from the heart. Pa is to realize or obtain;

it is the abundance. Through repetition of the mantra embodied in virtuous actions. So that, even if not fully sincere, the true actions shall become increasingly real and second nature, (this is also known as the strategy of 'fake it to make it').

Everything that has gone before, every lesson, every guidance of the previous steps on the journey through the year is to be repeated, re-lived, until we fully become it. Every personal act we do becomes recognised as a micro manifestation of the Absolute; it reveals the Divine.

There is no 12th Guru. It is you, and me, each of us, in our actions. We are challenged to reflect the oneness, the Allness, in even smallest action. Each of us is God's own Japa.

Spiritual suggestions for the month:

- In summary we are saying practice 'Unjustified Enthusiasm', 'Causeless Joy', 'Happiness Without Reason', and 'Smiling Because You Can'; and pass it on.....
- Read again the Japji of Guru Naanak in the realisation that it is an expression of the soul going through the states to its transcendent identity as the light of consciousness.
- Some sutras:
 - The illumination of innocence.
 - Duality overwhelmed by the unifying light.
 - Every deed a sacred micro-reflection of the Creator.
 - In the All Bright realm of Ultimate Light there are no shadows.
 - As drop of water merges in the ocean, my light merges with Thine.
 - And the mantra of Victory: Wahe Guru Ji Ka Khalsa Wahe Guru Ji Ki Fateh!

Aad Such, Jugaad Such, Hai Bhee Such, Naanak Hosee Bhee Such:

This cycle, with all its stages, challenges, opportunities and blessings, has been present since the beginning of existence and will continue to be so until so long as there is existence.

Through the infinite time
May all souls awake to reality
May peace prevail
And may joy be heard to echo in every fibre of the living cosmos

Suggestions for improvement, corrections, additions, etc. all welcome.