

What about 11 - 11 - 2011

By Shiv Charan Singh

There is no reason to believe that anything grand or special will happen on this day, compared to other special things that have happened on many other days. Still the prevalence of the number 11 on that day is exciting to some people. T

The key word for 11 is alignment, and indeed we live in a time of a series of major planetary alignments. Though we should note that such alignments have happened previously, and it was not 11-11-11. The occurrence of 11:11 on digital clocks is as frequent as 12:12, 13:13, and many other such numbers, and has only happened since we had digital media.

However, given that we are also in a shift from Piscean to Aquarian consciousness, it is not surprising that there is a sense of deepening alignment on many levels. People all over the world have been confronted, or challenged themselves, to get into greater alignment.

Alignment means that our small world finds more harmony with the vaster Cosmic forces and Natural laws. The macrocosm and the microcosm find a more clear parallel with each other. This requires a clearing of blocks and obstacles on the in-between levels.

11 can reduce to 2 in which case all the problems of material duality will have to be processed before moving on to higher levels. This is our worldly appetite, through things like material goods, drugs, food, the sexual play and all that it implies. Our sense of separation, desire for unity, longing to merge and all the hopes, desires, expectations, fantasies and disappointments we have in and around that game. So often we will fall into the black hole of despair and loneliness. The longing in itself is innocent but it does need to obey the call to higher levels. As we say - the world can only fulfill 20% of your total needs, the other 80% comes from the spiritual path; attunement to the divine in everything and everyone.

So it is worthy of note that the total number of the day in question, $1+1+1+1+2+0+1+1$, equals 8. Here we are reminded that infinite longing is a longing to return to the infinite.

Aquarius is the water carrier. One understanding of this is that we learn to manage our emotions and live more by our intuition.

$8 = 4 \times 2$ drowning in emotionality

$8 = 2 \times 4$ double intuition

Naturally the presence of the number 11 in the date of 11-11-2011 gives a lot of momentum for working on alignment. This can be the alignment of parts of our own personal life, as well as finding solidarity with others. The alignment can happen between heart and mind, between women and men, between the higher self and soul, between the community [outer self] and the individual [inner self]. It is an inviting chance to tune your soul in with the Cosmos, to restate your identity and come together with others in celebration. As 2011 adds up to 4, we are reminded that heart centered community is what will keep us buoyant in turbulent times.

In the tradition of Sikh Dharma the 11th Guru is the Shabd Guru, or Bani. It means that the 'Word' is the guiding force. The Word is there to serve us towards divine alignment.

11 is 10 + 1 : Courage + humility. It is also called 'Gur Prasaad'. the grace or blessing of returning to a meeting with the light of our origin and recognizing our self in that light.

Courage is to be vast: beyond lightness into light itself.

Humility is to be small: located in the nucleus of self.

When enough human beings become light enough and small enough then a critical mass may be reached that can create an event of cosmic proportions.

Meditatively reflecting on the 11 is a chance to realize the full meaning of the mantra phrase: "God and Me, Me and God are One". It means "Recognize the Other is You". It means:

'You and Me, Me and You are One'.

Another great way to tune into this is with this great mantra for the 11: Ekongkar Sat Gur Prasaad Sat Gur Prasaad Ekongkar *See below for recommended meditations.*

11 – 11 -11 is a good excuse for getting together and sharing, whether that is for a party, or meditating together, or any other pleasing activity. Look out for the opportunity to join in local efforts.

Thank you to Satya Kaur and Karam Kriya students for their contributions to this article/

With blessings for all
Shiv Charan Singh

.....Meditations for 11 – 11 - 11.....

MEDITATION - Sarb Gyan Kriya *[Total Wisdom]*

When a woman is in love with a man her life becomes a prayer for that man. And when a man is in love with a woman, he becomes humble. Although your greatest strength is love, it is not the love you know. In modern times, love provides only emotional co-existence. Men want to conquer women, and women want to conquer men. In reality, men and women should conquer Prakirti, the creativity around them, so that they can find a Creator beyond all layers. The sages found a way. One of these ways you will practice tonight.



Sit straight in a cross-legged position. Both hands are in receptive Gyan Mudra. Cross the right hand over the left hand in front of the heart center, so that the four tips of the thumbs and index fingers are together, palms facing up. Elbows are relaxed down. Eyes are closed. Chant the Mangalacharan Mantra, "Ek Ong Kaar Sat Gur Prasaad, Sat Gur Prasaad Ek Ong Kaar" ("Ek Ong Kar Satgur Prasad" by Nirinjan Kaur). Continue for 31 minutes. To end, inhale deeply, hold,

and extend the arms up straight with the palms together, like a salute, the body will distribute the energy through neutral channels itself. Exhale. Repeat 1 time, than inhale deeply, press the hands together and synchronize the body from toe to top. Relax.

As one obtains true happiness, intercommunication evolves from sexual to sensual, social, local, national, international and cosmic to the Infinite. Out of that, Prakirti, the universe, is born. The mantra "Ek Ong Kar Sat Gur Prasad, Sat Gur Prasad Ek Ong Kar" explains it, and this most sacred kriya is the seal to go with it. The mudra by itself will change the flow of the body's energy. Do this kriya, make it part of your life, and you will be surprised at the changes in you.

FROM YOGI BHAJAN 'MEDITATIONS FOR THE NEW MILLENNIUM 2 - APRIL - 2001

MEDITATION - Salute the Lord

Let us salute the Lord—the most powerful, omnipotent Healer, the most Pure of the universe—as an identity and personality.



1. *Sit straight in a cross-legged position. Raise the hands up in front of the forehead with the elbows out to the sides and raised to shoulder level. The palms face forward, fingers spread open, pointing towards opposite fingertips about 2 inches apart. Eyes are focused at the tip of the nose. Sing along with Nirinjan Kaur's Ong Namu Guroo Dev Namu . Continue for 11 minutes.*

2. *Raise the arms up straight, palms facing forward. Do Long and Deep Breathing and simply listen to the mantra. Concentrate—develop your listening power. Continue for 3 minutes. To end, inhale deeply, hold, squeeze your body and stretch the spine upwards to the best of your ability. Exhale. Repeat. Then, inhale deeply, hold, and concentrate on your heartbeat. Exhale and relax.*

A few minutes, a powerful analysis of yourself and a little meditation can bring you to the standard of a saint. When you project your saintliness, your power play becomes positive and the objectives of your life are achieved.

"Most dignified, distinguished and destined are those who remember their destiny. May God's Almighty Hand bless you with moments of grace and spiritual status and may you have the strength to keep it that way. May you be pure in your own eyes, wonderful in your own hearing, and masterly in your way of speaking. May God bless you and bless you forever. Sat Nam."

FROM YOGI BHAJAN 'A YEAR WITH THE MASTER' 5 - Oct - 2000

Compassion; in life and in death, ever the same.

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